The PARENTS' MAGAZINE

Formerly called "CHILDREN, The Parents' Magazine"

JANUARY 1930
25 CENTS

Shall We Let Our Children Fly?

By Clarence D. Chamberlin

This Business of Being A Mother

Rip Van Winkles

HQ 768
P33

REMEMBER Washington Irving's lovable, irresponsible Rip Van Winkle? How persistently he tricked himself! Time and again when temptation was too strong and nature too weak, he would lift his glass and say, "I won't count this one".

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THERE are many Rip Van Winkles in the world right now—some are weak in self-control; some are sadly behind the times in a matter of vital importance to them. They are the unfortunates among the million diabetics in the United States today

Old Rip's giant spree put him to sleep for twenty years—but "food sprees" are bringing death to present-day Rip Van Winkles because they lack self-control or lack knowledge as to what insulin can do for them.

Thanks to insulin, a diabetic is not confined nowadays to a scanty, spirit-breaking diet. He can have varied and much more appetizing food than was allowed in the old days. But even now, if he fails to find out what he should eat and drink—or if he fails to be steadfast in obeying orders—he practically commits suicide.

When diabetes attacks, it has come to stay. It rarely gives up. A diabetic has one of two choices, either to put up a cheerful, continuous fight or weakly surrender. Half-way defense spells defeat. But a courageous, unyielding fight is almost sure to win.

One great danger is that with the aid of insulin and correct diet, the diabetic feels so much better that he is lulled into a false sense of security. He takes liberties with his diet or neglects to take the insulin as directed. Then, with crushing swiftness, diabetes may claim another victim.

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* * * *

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(Title registered U. S. Patent Office)

VOL. V. NO. 1.
January, 1930

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Published Monthly by THE PARENTS' PUBLISHING ASSOCIATION, INC.

Publishing Office: 184-10 Jamaica Ave., Jamaica, N. Y. Executive and Editorial Offices: 255 Fourth Ave., New York

Terms: $2.00 a year, postage paid in U. S. A. and Canada. Postage to other countries 50c extra. Remit by U. S. money order, express money order, check, or by draft payable in U. S. funds.
Change of Address: Must reach us 4 weeks before date of issue with which it is to take effect.

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Member Audit Bureau of Circulation

ADVERTISING DIRECTOR: Earle R. MacAusland

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Schools—Co-Ed

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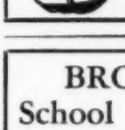

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A message to mothers on

The Vital Importance of Breakfasts

"I'm a firm believer in Quaker Oats breakfasts," says Mrs. A. G. Carpenter, shown here with two of her pupils. "A good breakfast can make a great difference in report cards."

Richard Halliday's mother writes: "Richard does well in school and he keeps well. Every morning I see that he gets a nourishing rolled oats breakfast."

Nation-wide surveys show 70% of the entire day's school work is done in the morning. Educators and nutritionists urge the importance of protecting children against the demands of the morning by providing breakfasts that give *sustained* energy.

THE most important meal of the child's day! This is how leading educators and nutritionists regard breakfast.

For morning hours are by far the most strenuous, mentally and physically. For the pre-school child—morning play hours crowded with breathless, never-ending activity . . . and, throughout the schoolrooms of America, tense little bodies bent over their hardest studies . . . accomplishing in the few short hours between morning and noon . . . 70% of the entire day's schoolwork!

Children's breakfasts must supply sufficient food-energy to meet these morning demands—or nervous energy will be consumed instead. This is why the right kind of a breakfast is so vitally important. Why one cereal known as "the most nutritious of all cereals" is urged above all others.

Quaker Oats gives more nourishment . . . "stands by" better . . . because of its perfect food balance. 16% is protein. Every living cell in the child's busy, growing body is continually demanding protein for the repair of worn-out nerve and muscle tissues. Quaker Oats contains 50% more of this protective food than flour . . . far more than ordinary cereals. 65% of Quaker Oats is energy food. There's abundant vitamin B to build up healthy appetites . . . rich minerals for firm teeth and good red blood . . . and the roughage that makes laxatives unnecessary. No wonder Quaker is considered the great stamina cereal for children.

And this cereal . . . the very finest nourishment you can give your child . . . is also the quickest to prepare. For Quick Quaker cooks deliciously done while you set the table or make toast. This is because the Quaker process roasts the choice whole oats to luscious, flaky tenderness. This pre-cooking makes long home cooking unnecessary. And gives Quaker that rich zestful flavor that no other oat has ever been able to imitate. Protect your child against the demands of the morning by serving stimulating, energizing Quaker Oats breakfasts.

Your grocer has both the regular and the Quick Cooking Quaker Oats. Please do not confuse Quick Quaker with ordinary quick cooking oats. The Quaker process is unique. It gives finer nutrition . . . richer flavor. And the Quaker package contains 20% more oats!

Health Qualities Unsurpassed

1. *16% protein for growth,* richer minerals for bone building—more abundant vitamin B to protect health.
2. *Fastest* of all quick cooking oats—2½ minutes to cook.
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THE QUAKER OATS COMPANY

Quaker Oats . . . *two kinds . . . at your grocer's*

AN EDITORIAL MESSAGE

Is Uncle Sam Neglecting PARENTS?

IT is a curious fact that there is in the United States Bureau of Education no section dealing with parental education. In spite of the fact that school and home must work in close and understanding co-operation if children are to receive the best preparation for life, the very bureau which logically should encourage and stimulate such co-operation lacks adequate means for doing so.

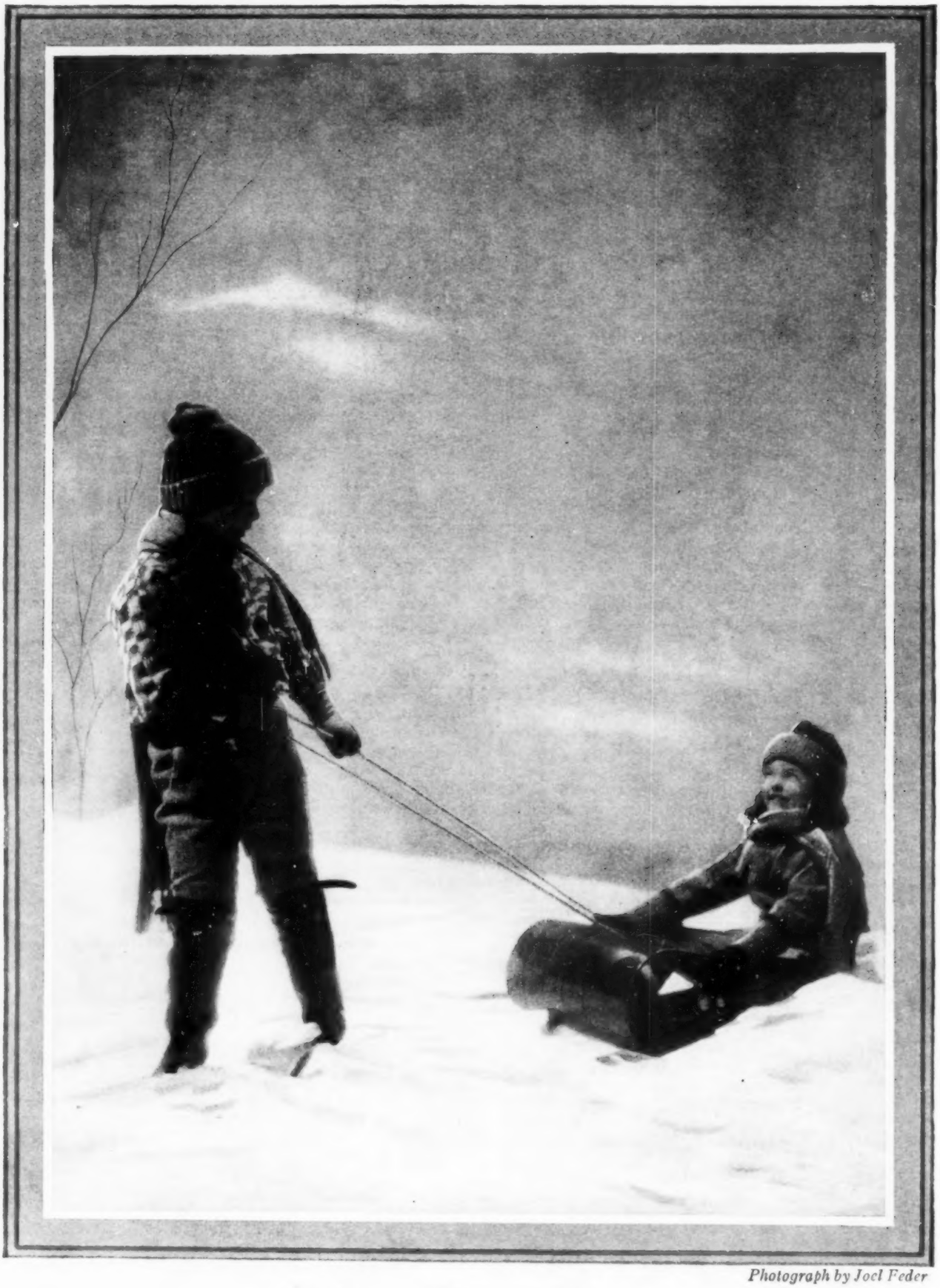
This lack was pointed out and a remedy suggested in an Open Letter to the Commissioner of Education which appeared almost two years ago in this magazine. Those who are leaders in the field of education were outspoken in their support of our stand. We feel more strongly now than ever that it is both logical and necessary that the Bureau of Education should realize not only its great opportunity but its obligation in the field of parental education and should create adequate means for handling such work effectively.

Of what should the bureau's work in this field chiefly consist? The wide dissemination of practical, authoritative material on child care and training. Mothers and fathers everywhere are eager to know how to be better parents. They need access to that great body of fact and theory to which present-day psychologists, doctors, nutrition experts, educators, are contributing. Splendid work is being done in behalf of parents by such agencies as the United States Children's Bureau, the United States Bureau of Public Health, the Department of Agriculture and the Federal Board of Vocational Work, but the co-operation of the Bureau of Education is greatly needed. Since the latter bureau has unequaled facilities for working through the schools and their affiliated Parent-Teacher organizations, it is capable of opening important new channels of approach to thousands of parents.

Today the Bureau of Education has divisions on Physical Education, City Schools, Rural Schools, and sections on Home Economics, Adult Education, Commercial Education, Industrial Education, and Foreign Education, but no section on Parental Education. The parent education work here suggested for the Bureau of Education might either be directed by a new section on Parental Education or might be incorporated as a part of the responsibility of the Section on Adult Education. But included as an important part of the work of the bureau it certainly should be.

No thoughtful person can conceive of the education of the child as a thing apart from his home life. The continuing influence of the home with its strong emotional ties sets the pattern of his life to a large extent. What could be more important, then, than for the United States Bureau of Education to create a means by which, through the schools, they would reach the homes of the nation, their aim being an enlightened parenthood and children better equipped for life?

"The future of the race marches forward on the feet of little children"—*Phillips Brooks*



Photograph by Joel Feder

When Winter Comes

How to Treat the GROWING PAINS OF YOUTH

The modern adolescent is frequently a source of much worry to parents. This thoughtful article should promote a better understanding between the two generations

By EDGAR JAMES SWIFT

Author of "How to Influence Men" and "The Psychology of Youth"

"I HAVE lost control of my child," is frequently the cry of mothers of children who have passed the age of twelve. "Tell me what to do," they beg, apparently at their wits' end.

These parents have not learned the art of control without compulsion and their children have now reached the age when they feel that they should put away childish things, chief of which is parental authority.

No period of childhood is independent of the preceding years. Development is growth in sections but the strength of each section depends upon what lies beneath. If the foundation is not firmly laid the superstructure will be weak. Adolescence cannot be studied by itself. Training for adolescence must begin in the nursery. It is then that the foundations of discipline must be laid — self discipline as well as that type of discipline which recognizes the rights and wishes of others and is willing to conform to the requirements of daily living. An important component of such discipline is obedience based on understanding. Obedience is not a popular word in modern theories of child training. It has become unpopular because the old-fashioned program had the convenience of the adult in mind rather than the welfare of the child. Children were forbidden to do things because the noise or confusion disturbed adults. "Don't do that," was so common that, like the ticking of the clock, the youngsters did not hear it. Then they were punished for disobedience.

But today on all sides one hears the cry "What is the matter with our youth?" As a matter of fact, nothing is the matter with our youth. The belief that the nature of youths has changed is quite as reasonable as the assumption that highwaymen have altered because daylight robberies are more frequent. It is the conditions and not the robbers that have changed. Thirty years ago if boys wanted adventures away from home many of them had to hire a horse, and that cost money. Today nearly every family has an automobile which the boy can use. Consequently, like the bandit, he can get away quickly and go far. Fifty miles and back after the evening meal have greatly enlarged his outlook, and a boy will do many things fifty miles from home that he would hesitate to do three miles away.

Economic freedom, again, has altered the status of girls. Formerly, it was thought necessary to protect them. Now they are confident that they can protect themselves. They demand the freedom that self supporters have and there are many more who support themselves today than when house service and school teaching were the only callings open to girls.

It will be seen, however, that all of these changes are in the environment. The nature of boys and girls has not altered. But parents seem unprepared for the effects of these changes on their sons and daughters. The new conditions have come upon parents suddenly. Most of us can remember the time when there were no automobiles. We heard of experiments with "motor cars," and then, almost overnight, the automobile arrived. The motion picture was not far behind, and today moving pictures on all sides make a tempting display of almost everything that boys and girls should not do. Many of them offer just the sort of stimulus that produces criminal reaction in adolescents.

Do not think that the prevalence of the automobile, moving pictures, and

(*Turn to page* 40)

Ten Commandments for Parents

By PAUL M. PITMAN

Dedicated to all who accept parenthood as a welcome responsibility and a high privilege

I. Thou shalt love thy child with all thy heart, with all thy soul, with all thy strength, but wisely, with all thy mind.

II. Thou shalt think of thy child, not as something belonging to thee, but as a person.

III. Thou shalt regard his respect and love, not as something to be demanded, but something worth earning.

IV. Every time thou art out of patience with thy child's immaturity and blundering, thou shalt call to mind some of the childish adventures and mistakes which attended thine own coming of age.

V. Remember that it is thy child's privilege to make a hero out of thee, and take thou thought to be a proper one.

VI. Remember also that thy example is more eloquent than thy fault-finding and moralizing.

VII. Thou shalt strive to be a sign-post on the highway of life rather than a rut out of which the wheel cannot turn.

VIII. Thou shalt teach thy child to stand on his own feet and fight his own battles.

IX. Thou shalt help thy child to see beauty, to practice kindness, to love truth, and to live in friendship.

X. Thou shalt make of the place wherein thou dwellest a real home—a haven of happiness for thyself, for thy children, for thy friends and for thy children's friends.

SHALL WE LET OUR

How to Safeguard Our Air-Minded Youngsters Interest in Flying Is Discussed

By CLARENCE D. CHAMBERLIN

THE present age is an age of flying. The boys and girls of this generation are growing up with the airplane just as those of my own generation grew up with the automobile. To them there is nothing new or mysterious about flying, and they refuse to hold the art in awe. Consequently the old ideas about aviation and its hazards—most of them imaginary and due to man's inherent fear of the unknown—are dying out as young America gets acquainted with the air. The trend of the times is skyward, and those who fail to fall in with the procession are going to find themselves hopelessly left behind.

Clarence D. Chamberlin who, with a passenger aboard, made the longest non-stop flight across the Atlantic

Many of our boys and girls are already as familiar with machines made to fly as the generation ahead of them was with automobiles, or still an older generation with bicycles. Who cannot remember the pitying scorn of a younger generation that is no longer altogether young, for the boy who could not stand on a street corner or beside a dusty country road and glibly call off the make of every car that passed? Before him was the boy who could glance casually at a bicycle whirling by and say who had manufactured it. Today the modern counterpart of this youth is little concerned with the cars that pass or the occasional "bike" that is seen. His eyes—what time they are not scanning the pages of aviation magazines or eagerly drinking in every detail of the activities at some flying field—are on the heavens and his ears attuned for the sound of an airplane engine. And with fine superiority and an air of authority before his astounded elders he casually identifies every passing plane:

"There goes a Ford tri-motor; that one off to the right is a Bellanca—two of them have flown across the Atlantic; no, that one's a Crescent; over there's a Lockheed." And so on glibly through a list of ships that is as long or longer than the lexicon of the automobile in its heydey.

BOYS of my own generation grew up with the automobile and learned to run it without fuss or feathers and, with certain limitations, the boys and girls of this age are going to do the same thing with the airplane. When I was a youngster, my father bought the first automobile in the town where we lived. Our neighbors protested and the farmers for miles around assembled at a great mass meeting to condemn the "infernal contraption" and unanimously vote a boycott of my father's business because he insisted on keeping and running the machine. Today those same boycotters all own and drive cars and wonder, if they think about it at all, how they ever managed to get along without them. To a lesser degree the airplane has had the same experience; the reluctance to accept it has not been carried to quite such lengths, for this is supposedly a little more enlightened age, used to accepting new wonders without question every day, but underneath the surface lie suspicion and opposition ready to flare up at the slightest pretext in condemnation of flying. It is a natural and very largely unconscious prejudice that will only pass entirely with the passing of the present generation and the advent of one which accepts the airplane as a matter of course.

MY father had a terrible time learning to run that first automobile of his. He had to take I don't know how many lessons from the expert who sold it to him, and I don't think he ever did entirely conquer a sort of terror inspired by this new and strange device; the same sort of dread with which some people still regard the airplane. Nobody ever gave me automobile driving lessons—I merely watched my chances and "picked it up" as did thousands of other boys in the United States—but I was soon a better driver than my father, and for no other reason than that I had no inhibitions to overcome and was growing up with a mechanical age that took the automobile for granted.

The same thing that happened to the automobile is happening to the airplane. Most of us who are flying now were plunged into an entirely new realm when we took up aviation and set about learning to handle an airplane. It was an altogether new experience and we approached it with suspicion and misgivings.

CHILDREN FLY?

While Encouraging Their Natural
By an Expert

During the war, when flyers were turned out as quickly as possible, a minimum of five or six hours' instruction was required to teach us to fly. But the boys of 1929, who hang around aviation fields and build model airplanes of their own, catch on more quickly when they are given a chance at the controls. Ships that go up to the sky are commonplace to them, whereas, to my generation, they were always a little bit awe-inspiring. Having no inhibitions to overcome, the boys of today learn to fly with amazingly little instruction. I have had youngsters of sixteen or less in the air with me who handled a plane as well after a few minutes of instruction as I did at the end of two or three hours' despairing effort on the part of my instructors. As a matter of actual practice the student learning to fly today is given about ten hours of dual instruction before he is allowed to solo, but this is purely for purposes of safety and in nowise contradicts the statement that the average flying student today is more proficient and sure of himself after a given time in the air than his aerial counterpart of 1918.

Another reason why the rising generation will take to the air with nonchalance and impunity is that better airplanes are available for them than were to be had in the hectic days of war training. Motors are far more reliable now than they were during the war and planes themselves have progressed far in performance, safety and "fool-proofness." Ships that are inherently dangerous for the beginner still are built and flown, but these are already headed for the aeronautical scrap heap. Fools will always be able to kill themselves flying, but the time has come when anyone with ordinary "horse sense" can fly and fly without danger.

FLYING is a coming thing. It is not just around the corner nor something to be faced tomorrow; it is actually with us now, with the world standing on the threshold of the flying age. This, despite the fact that it is only a quarter of a century since "two crazy inventors" persisted with their experiment at Kitty Hawk, North Carolina, and mankind first sprouted wings. The mothers and fathers of Young America had just as well face the fact that their offspring are not going to be content to remain on the ground and then do what they can to become air-minded themselves. Otherwise they will find themselves soon out of step and out of sympathy with their children's interests as well as hopelessly left behind within a few years by a world that has taken to the air.

Naturally they should not rush blindly into aviation nor allow their children to do so. Wise supervision is as necessary here as the abilty to approach the subject with an unprejudiced mind. There should be no question about the willingness of parents to let their children fly;

Only licensed pilots, using licensed planes, are permitted to give flying instruction Further laws for the protection of pupils are under way

The first step toward flying may be taken on the ground and should consist of careful instruction concerning the entire mechanism of a plane

Photographs by Ewing Galloway

the thing to be settled is that they learn from competent instruction and, very shortly, the regulations are to be under conditions from which every possible hazard has been removed. Fortunately, the Government has done much to provide the necessary safeguards. Only licensed pilots, using licensed planes, are permitted to give flying instruction and, very shortly, the regulations are to be further tightened. Not every transport pilot will then be eligible to teach beginners how to fly; instructors will be required to pass a special qualifying examination for an instructor's certificate. In addition, flying schools and the ground schools where instruction is prerequisite to flying are to be rated by the Aeronautics Branch, Department of Commerce, and given "approved type" certificates on the basis of equipment used, size of field available, and the rating and experience of the "faculty." This system, obviously, will do much to eliminate mushroom "fly-by-night" aviation schools which are concerned with nothing except collecting fees from gullible students.

VERY few parents in this day and age would refuse to allow either their sons or daughters to learn to drive an automobile. Yet they have a proper interest in seeing to it that their children keep their car-driving proclivities within certain sane and reasonable limits. They feel it their duty, or they should, to make certain that their children are properly instructed in the use of an automobile before turning them loose in one, and that they are acquainted with its limitations as well as its capabilities as a means of transportation and pleasure. In this, of course, they are abetted by definite laws as to who shall and shall not operate automobiles.

In a sense, aviation has an advantage of motoring on the score of safety as pertains to the instruction stage. Almost anyone with a little supervision can "get by" with the tests necessary for the operation of an automobile. In flying, however, the novice is repeatedly corrected and warned over a period of weeks, or even months, of the mistakes which he must avoid if he is to maintain safety in the air. By the time he is ready to be turned loose for solo practice flights leading up to a private pilot's license —provided his course of instruction has been adequate— the fundamentals of flying technique have been so thoroughly instilled in his mind that he should never forget them. The laws that govern the flight of an airplane and its safe operation are just as definite and as well known as those that hold an automobile to the road. As long as they are understood and obeyed there is no danger; it is when either the airman or the motorist violates these fundamental principles that trouble begins.

It seems to me that there has been altogether too much mystery about who can and who cannot fly. The facts are that any healthy, normal boy or girl who can learn to skate or ride a bicycle doesn't need to worry about his or her ability to become a flyer. During the war, candidates for aviation training were put through a long series of severe physical examinations and tests. Great numbers of those who wanted to become flyers were weeded out as unfit even though most of them were able to pass the ordinary physical examinations for military or naval service. Probably not more than ten or twelve per cent of the original applicants ever became flyers.

Standards almost as high still are maintained by the military services. The lure of flying is so great that the government can afford to be absolutely ruthless in its selection of men and in eliminating any who show the slightest lack of aptitude once they are in training. For every dozen men needed there are fifty who want to get in and learn to fly. But it doesn't follow that the rejected ones may not learn to fly. They merely lack some of the specially developed characteristics that would make them desirable as military aviators. A fighting flyer must meet conditions never encountered by the peace-time pilot. Naturally, he needs special qualifications which are revealed by the strict examinations required for candidates in military aviation. His sense of balance, his hearing and his vision need to be perfect, and his reactions to abnormal conditions quick and dependable if he is to survive and become a successful air fighter.

The man who merely wants to use an airplane as he would an automobile—to go somewhere quickly and comfortably—needs no more special physical qualifications than are needed to drive an automobile. He should be able to see and hear and judge distances, but so should the man who drives a car. Lack of ability to do these things is no more apt to get the pilot of an airplane in trouble than it is the automobile driver. Indeed, in these days of congested traffic, it is a question whether the man in the air hasn't the better chance.

The Department of Commerce very wisely provides a minimum physical standard for flying students to pass before they are allowed to take up aviation training. But this is relatively easy and few applicants are "flunked." Any person with normal or anywhere near normal eyesight, hearing and health can get by without difficulty. This examination is absolutely essential; the law requires it before a prospective flying student is allowed to take up actual flight training, and without the ability to pass it, the would-be flyer would always be a menace in the air, not only to himself but to others.

HOWEVER, no more convincing proof of the assertion that almost anyone can learn to fly may be found than recent statistics prepared by the Department of Commerce. These show that the medical examinations required for civilian pilots, which, as has been explained, are far from lax but strikingly more lenient than the old wartime requirements, have been passed by nearly 93 per cent of the applicants. In more than 1,000 cases considered in the student pilot classification (the other figure covered all commercial pilots) 85.4 per cent qualified and only 14.6 per cent failed. Probably two-thirds of the latter actually could have (*Turn to page* 41)

WINGS

By ETHEL ROMIG FULLER

When once a child has followed with his eye
A heron and has dreamed of great, swift wings
Bound to his own young back, or once he swings
In spirit with a gull across the sky,
He's lost to earth and henceforth he belongs
To that proud race inhabiting the air,
Adrift among the clouds—to flocks that fare
At will into uncharted space with songs.

Thereafter with the mallard and the lark
He'll travel lanes and avenues more frail
Than threads of cobweb blowing in the dark,
And if by chance his borrowed pinions fail
Some misty dawn, some lonely starlit night,
He'll die, as he would wish, a bird in flight.

YEHUDI MENUHIN

A glimpse of the home life and training of the boy who is the foremost child musician in the world today

Photograph by Lumiere

By EUGENE B. BLOCK

A YOUNG man and woman walked eagerly one afternoon into a modest apartment house in New York City. They were anxious to live there. The place was reasonable and it was close to the campus of New York University, where both were studying. A pleasant landlady greeted them. She had a vacancy and the rent was reasonable. The couple rented the rooms without discussion. They would move in at once.

"You'll like it here," said the landlady, by way of a parting assurance. "We are particular about our tenants. We don't take Jews."

The bride turned on her heel. "But, I am a Jewess and my husband is a Jew," she shot back. "So you'll have to look for other tenants."

As they reached the street, the young wife said, "I've just decided that if we ever have a son, we shall call him Yehudi (Hebrew for Jew) and he will have to stand or fall on his name."

That was some fourteen years ago. Today, at thirteen years of age, Yehudi Menuhin has played his violin to fame across two continents. At thirteen, he is standing on his name. An idolizing world has worn a path to this child's door. In America he is proclaimed a genius. In Europe kings and queens have come bowing at his feet. A juvenile "We"—this little boy and his Stradivarius.

Yet Yehudi Menuhin gives no sign of knowing that he is a musical idol. His parents painstakingly have guided him so. They do not want his love of art spoiled by his success. He is a genius—yes—but, at the same time, a normal, chubby little boy; clear-eyed; with a happy smile and a love for the sports of all American boys. There is nothing of the stilted, pale-faced prodigy in this lad's make-up. In Rumania, Yehudi Menuhin was un-selfconscious when the Queen, disappointed by his refusal to be a guest at the royal palace, came to his hotel room to greet him. He shook her hand warmly. "I'm glad to meet you," he said. "In America every woman is a queen." In another city a wealthy woman jumped on the stage when he had finished an extremely difficult rendition, and showered him with kisses.

"Paganini could not have played that as well," she exclaimed.

"That's not fair to him," protested the boy. "You've never heard him play that piece."

I found the reason for the fact that this boy genius is unspoiled and un-selfconscious in a modest, old-fashioned home in San Francisco. I got it from his father. His three children have never been to school. With his wife, he has been their teacher. Their home is the classroom. Moshe Menuhin, a Hebrew teacher by profession, sat before me in an easy chair—a little man, with sharp features and deep penetrating eyes; his long blond hair brushed back from a high receding forehead. He was worn after a trying (*Turn to page* 50)

This Business of BEING A MOTHER

Here is help and true inspiration for those who know the strains as well as the joys of motherhood

By LOVISA C. WAGONER

Director Nursery School, Vassar College

AN effective means of encouraging people to undertake a difficult task is to surround that ta: · with all sorts of beautiful notions, to give it a halo, to "pedestalize" it. Most frequently has this been done with regard to motherhood. It is constantly said that motherhood is of all callings the one in which daily drudging is illumined by the blessedness of the duties themselves.

So often has this tale of infinite capacity for devotion, endurance of strain, self-sacrifice, been told that we are almost ashamed to admit that there is another side to the picture and that mothers actually are human beings, subject to human needs and to human ills, both mental and physical. Yet to admit that mothers as well as children have rights, is a more wholesome attitude than the sentimental notion which holds that mother is the most wonderful creation in the world because she always serves.

Today there is much thought given to the children's health—adenoids and temper tantrums and thumb-sucking are all carefully considered. Vitamins and cod-liver oil, mental ratings and physical examinations, are a part of every child's life, and should be. The mother's health, however, is supposed to take care of itself. It is only the occasional mother who matches Johnnie's yearly physical examination with one for herself or who takes herself to the dentist along with Susan. Her teeth as well as Sammie's require a daily ration of milk and vegetables. Sunlight and play are just as valuable for he · as for the children. Yet it is all too easy for mothe· to neglect herself in her eagerness to make sure that her family have everything that they need. In too many households whatever father and the children do not want will do for mother. Although mothers need clothes, they do not need very many clothes, certainly not many new clothes, nor very fashionable ones. They must have a certain amount of food—whatever is left over is all right for mother.

Weariness, ill-health and the realization that one makes a poor appearance will never help to create the happy spirits so necessary in the home. Yet it is mother who determines the atmosphere of the home; her hopes, fears, ideals, attitudes are communicated to the child. If she is timid and fearful, so are her children. If she is anxious concerning the matters of everyday living, her children will also be anxious. If she is gay and easy to live with, so are her children. Just as the successful executive in public life spends time and money in keeping himself fit, so the mother needs to practice ways of preserving her health. The golfing-financier may be a fertile source of jokes, but he is a wise man for all that. He realizes that the human frame and the human spirit need rest and relaxation.

But how is Mother to make time for such rest and recreation? How is she to escape from the daily grind? One way to escape routine is to make it mechanical so that the mind is free to travel to pleasant places. Another, and less fortunate, way of escape is to elevate the details to importance. Not every mother is a "born housewife." The consequence may be an untidy house-

hold or it may be an over-attention to the details of housekeeping which elevates routine to great importance.

Tracks of mud left by a little boy's feet on the newly-scrubbed floor become a matter of primary importance and the mother scolds severely. When the housewife is weary it is extremely important whether the dusting is done or whether the tablecloth is out of place. When she is rested these things slip back into their proper place in importance. The wearier one is the more

troublesome are details. The more one frets, the more tired one grows; the wearier, the less capacity to rest—an endless chain of weariness.

Frequently we meet mothers who enjoy sacrificing themselves to the details of the home and to the care of the children. Martyrs are all very well in literature but they are most undesirable house-mates, for they wear a two-faced hair shirt—one turned inward for self-irritation and one turned outward for the discipline of the family. Such martyrs never forget to call attention to their virtue and self-sacrifice.

Everyone knows the kind of housewife who quadruples her duties by doing each one at least four times—first she frets because it must be done, finally she does it and then worries lest it were improperly done or because it consumed time she would like to have used otherwise, and afterwards tells everybody how much she has done. Energy has been wasted because each job has consumed four times the necessary amount of that precious property. There is an old story of a woman who, one Sunday morning, treated herself to the luxury of lying in bed later than usual. As she lay there she said to herself, "Tomorrow is Monday, and I must wash, the next day is Tuesday, and I must iron, the next is Wednesday and I simply must get all the mending done—half the week gone and nothing done yet!" It is no wonder that a morning spent in this way reduces the mother to such a state of irritability that she cannot endure the strain of the Sunday morning break in routine. Being irritable, she scolds the children and fusses because father scatters the Sunday paper all over the floor. The day is spoiled for mother and for everybody else.

For some people it is easier to worry at night than to sleep. Poor physical condition may predispose us to worry, to keeping ourselves awake, by going over the past with regret and looking into the future with anxiety and dread. Dread of the morrow is acute when one is not equal to the responsibilities and duties of the day. Another difficulty is that when tired or ill the mother is apt to feel even greater responsibility for the child's future, for his entire future. She needs a sense of humor to see things in proportion; to keep a sense of relative values. But when weariness and illness are present a sense of humor vanishes. It has been said that everyone shows the traces of some physical disorder. Perfect mental health must also be rare if one may judge by the scarcity of happy faces and "quiet eyes."

Mental illness to which mothers are prone is the attitude which says, if not in words, in bearing: "Oh, well, I can't do anything with my children, I might just as well give up." The attitude used to be: "I will just let the Lord take care of them." Nowadays, it is, "The Juvenile Court," or "The Boy

Illustrated by Corinne Boyd Dillon

No one is quite so busy as the mother of young children. To make a success of her job she needs calm nerves and good physical health

Scouts." To adopt such an attitude is to admit failure, and no mother can afford to fail.

What we call "nervousness" is also a sign of mental ill-health. Drop a pin on the floor and the nervous person jumps. Sometimes this "nervousness" takes the form of keeping the children very clean. But children need a certain amount of dirt; the young child needs a chance to be on the floor; the older children need to come up against the difficulties of the physical world. But the nervous mother can't stand that.

¶ Parent-Teacher Associations and other groups interested in child study are invited to use this article and the outline for study on page 57 at their next meeting

WERE it possible for human beings to keep a detached attitude toward the other human beings with whom they live and work, we should find mental health much more nearly at par than it often proves to be. If, in addition to a detached, objective attitude, we could depend upon our sense of humor in emergencies, we would conserve our nervous energy. Mothers know perfectly well that they wear themselves out by worrying and hurrying even more than by working. The point, however, is how to keep themselves from worrying; how to keep the objective attitude; how to cultivate mental poise.

They must teach themselves ways of overcoming the strain of everyday living, must be able to cultivate a wholesome frame of mind toward everyday frets. Most people can meet a great emergency with better poise and greater grace than the steady strain of everyday friction. The first step in relieving any situation is frankly to admit that there is one which needs remedying. The second step is to determine methods which bid fair to solve or at least to relieve the undesirable situation. One way for mother to get the best of weariness is by means of a vacation. In her job efficiency means not merely cleanliness and order in the household, the smooth functioning of a routine; efficiency for her involves also the maintenance of a psychological situation in which children can develop normally. In order to do this she must keep her soul at "leisure from itself." But because after vacation it is so difficult to settle back into the accustomed duties, it may seem easier to keep straight on looking after the details of daily living, than to stop and begin again. Because vacations cost both time and money the mother finds it difficult to arrange one. There are, however, many little vacations, short holidays and pleasure trips within reach of even the hardest worked mother.

A nap or rest will give a five-minute vacation. When a mother has realized the importance of a nap and the benefit she derives from it, even the busiest can rescue from her day five minutes for rest. Of course this five minutes must be taken from time she has reserved for other duties but in reality the five minutes rest saves time, for the mother returns to her tasks with renewed strength and interest.

A magic holiday lies between the covers of many a book. To lose one's self for five minutes every morning and afternoon in a strange world of fancy or of reality, is to acquire a new buoyancy, to restore the tensile strength of one's disposition. Whether this daily journey should be made to a new spiritual realm or a strange earthly country, or a new world of ideas, would depend upon the interests and experiences of the traveler. It may be difficult to take the first brief journey, for getting ready to start requires a sort of mental or spiritual trunk-packing in order to put aside the idea of pressing duties. Luckily through practice one may become an expert packer.

Pictures, also, can lead us away from the stress of daily living, into a realm of beauty, restfulness, delight. A glance at a picture may be a vacation—only a moment in time but of enduring benefit. In other words, a flat surface covered with irregular spots of color may be the doorway from which extends a pathway leading to new ideas, new enthusiasm, fresh interests or relaxation.

The poet of ancient days who talked of lifting his eyes to the hills understood the vacation value of a view. It is not only the arrangement of line and color, of light and shadow, that gives value to a view. It is also the inherent virtue of perspective that should entice not only eye, but also thought to a perception of relative values.

Music provides an opportunity for vacation. Release may come through jazz, through classical music, through folk songs, or through hymns, depending upon the temperamental make-up of the individual and upon her early experiences. Not only does music liberate from the confines of everyday duty but it may soothe an irritable mood or stimulate or "speed up" the performance of routine so that some of the quality of the music is transferred to the necessary work. If music of marked rhythm is useful in helping children to get the best tempo for writing, as experiments have proved, why would it not be possible to expedite scrubbing or washing by the same means? As the little boy said of a gay tune, "that makes me hurry."

IT IS quite legitimate for a mother to feel that she needs to get away from her children occasionally. They also are all the better for being away from her. After a short separation from *each other,* the mother and children find new interest and new tolerance for each other. In an increasing number of communities a nursery school or co-operative nursery offers an opportunity for this sort of personal holiday.

Then, there is the "joy in little things" which offers a hundred brief vacations during the day. A whole world of delight lies in the contemplation of the perfectness of a little child, of the beauty of sunlight on the baby's hair; in the specks of dust that dance in the sun, in the odor of the earth, the clearness of rain-washed light. Indefinitely might the delights of "little things" be enumerated.

There is also that continuous source of vacation—the garden. The born gardener may like other people's gardens but it is his own garden that he finds the richest source of renewed strength.

(*Turn to page* 47)

COMING!

If Children Fail in School

Whose fault is it and what can be done about it? Let the School Psychologist tell you in this very helpful article.

To a Boy Troubled About Sex

An actual letter from a father to his son. Something you will want to read and re-read and pass on to your children.

The Place of Meat in the Child's Diet

At what age should children eat meat? What kinds should be given them and how much? This article tells.

Follow the hair's natural line of growth in cutting and arrangement

The Care of Children's Hair

How to encourage curls, various ways of arranging the child's hair and when to shampoo are discussed in this practical article

By HELEN L. KAUFMANN

Illustrated by Jean Miller Spadea

IN order to look nobby, formerly, little girls had actually to *be* knobby for twelve hours of the twenty-four. That is, they had to submit to the discomfort, first, of having strands of hair wound painfully tight around kidskin curlers, then of sleeping all night on the bumps thus produced. And the object of this torture? Curls! Long curls if at all possible, short if necessary, but incontestably, curls. Time has passed, styles have changed, but with admirable constancy mothers and daughters still pursue the elusive curl. The manager of a children's hair-cutting establishment told me that the first question he is always asked by the mother of a straight-haired child is "Can't I do *anything* to make that child's hair wavy?" He answers, in many cases, "You can," and proceeds to tell her how, as follows:

The mother of a straight-haired child must realize, to start with, that straight hair is different in texture from curly, due to the shape of the hair sheath. If the hair, viewed microscopically, is round in cross-section, it is straight, lanky, and rigid. If it is oval, it tends to curl, while, if elliptical, it becomes positively kinky. So, if she wants to be truly scientific, she may examine microscopically her chances of assistance from nature. This is not necessary, of course, but may be taken as an interesting point of departure.

It is best to start training when the baby is very small. Brush the soft hair the wrong way, wetting it just enough to hold it and curl the longer hair on top of the head over the finger. Then, as the child grows older, never miss an opportunity to coax along whatever natural wave appears. Do not let the hair grow too long, for its weight pulls down and lessens the tendency to curl. When it is cut, instruct the barber to cut it (*Turn to page* 52)

Frequent shampoos, careful brushing and simple arrangement make the child's hair attractive

Can Babies

What would were allowed to much as they simple unmixed for themselves in of research

Fingers were made before forks and this fourteen-months-old baby makes use of them to choose just the food she wants from a trayful of choices. If her face gets a little mussed in the process — why that's part of the scientific experiment

By
CLARA M.
DAVIS, M.D.

FOR the past three and one-half years an experiment in the self-selection of diet by newly-weaned infants has been in progress. Begun by the writer in the children's ward of Mt. Sinai Hospital in Cleveland with three infants, it has been carried on for the past year and a half with ten infants at the Santa Chiara Nursery in Chicago, a nursery maintained for the purpose of this particular investigation in infant nutrition.

Now at first blush the thought of an infant of weaning age selecting his own diet from a wide range of foods in whatever quantity he may desire, seemed ludicrous if not positively infanticidal. How could an infant who had never tasted anything but milk "know" what he wanted, let alone what was good for him? When I discussed this question with physicians and mothers before beginning the experiment, the consensus of opinion both pediatric and maternal was that no newly-weaned baby could or would choose his foods for himself and, if by any chance one did so, he would promptly make himself ill. But opinion and fact are two different things and it seemed worth while to put the matter to the actual test and to consult the baby himself as to what, if anything, he knew about his own diet and nutrition, especially as he was almost the only interested person left whose views and advice on these subjects had not been solicited and expressed. Begun, then, as an experiment to find out what would happen when infants of weaning age were allowed to eat what they wanted from a wide range of simple, unmixed foods in whatever quantities they wished, *it is still an experiment*, that is, an investigation from which carefully collected data and statistics are being accumulated regarding the infants themselves, their eating habits and the foods they eat. It was not designed to prove any theory in regard to infant feeding nor as a demonstration of a feeding method. Its object has been and is to get information. It asked at the outset: "Can and will infants choose their foods if allowed to do so, what and how much will they eat, and what happens to them?"

This experiment, however, is not the old one of bringing the baby to the family table and allowing him to eat the pastries, gravies and made dishes commonly found thereon.

The food list used contains no made dishes or mixed foods, such as custards, soups or bread—only simple foods prepared as simply as possible without the addi-

Choose their Food?

happen if newly-weaned infants eat what they wanted and as wanted from a wide range of foods? Thirteen babies answer this report of an astonishing piece conducted by a woman doctor

***In publishing this material we wish to emphasize the fact, as does the author, that while this piece of research may eventually have an important effect upon infant feeding, no rules for feeding can be based on these findings, as yet, since the work is still in an experimental stage.*— THE EDITORS.**

Patricia, age 19 months, and Sharon, age 17 months, have been choosing their food for 11 months

tion of salt or other seasoning and served separately, each in its own dish, not even milk being poured over the cereal, so that each food must be chosen for itself alone. No canned foods are used and the list does not include derived food products such as sugar or butter. It offers the entire range of food elements, proteins, fats, carbohydrates, minerals and vitamins, known at the present time to be necessary for human nutrition.

The cooking is done in steam pressure cookers to avoid loss of soluble substances, and inasmuch as infants have but few teeth, the meats, vegetables and fruits are finely cut, mashed, or ground. Since the entire list cannot of course be gotten ready and served at one time, it is divided so that every article is offered at least once in three days. Both sweet and sour (lactic) milk are served every day at each of the three meals, with two kinds of cereals, animal protein foods, and either fruits or vegetables, according to a fixed schedule. All portions are weighed or measured before serving and the remains weighed or measured on the return of the tray to the diet kitchen so that the amount of each article eaten may be known and its caloric value and protein, carbohydrate and fat content computed. When, as often happens, an entire portion is eaten, another portion is served, and the process repeated until some is left, so as to be sure that the infant has had all he wanted. Foods are served in standard size sauce dishes and liquids in ordinary glasses, which are assembled on a tray and placed on a low table at which the baby sits. Two teaspoons are provided, one for the baby to try to use when he wishes, the other for the nurse who sits beside him.

No food is offered either directly or by suggestion. The nurse sits quietly by, spoon in hand. When, and only when, the baby reaches for or points to a dish may she take up a spoonful and, if he opens his mouth for it, put it in. She may not comment on what he takes or does not take, point to or in any way attract his attention to anything or refuse him anything for which he reaches. He may eat with his fingers or in any way he can without comment on, or correction of, his manners. When he has stopped eating, the tray is taken away.

At the time of writing this article one child has completed five consecutive six-months' periods of feeding, one four periods, three have completed two and five have completed one.

The infants are taken at the age of seven months to begin the tray feeding. All these ten children promptly selected food from the tray without assistance and, after the first two or three days, in amounts sufficient for their needs. There (*Turn to page* 42)

These boys have selected their food from a carefully prepared tray since the ages of eight and ten months respectively

A Way Out of PUNISHMENT

"Nearly all the punishment that parents administer to their children helps them to do wrong"—a startling statement which will challenge your best thought after you have read this article

By ELSIE P. GILPATRICK

IF a parent's chief duty is to train his children for successful living, how far does punishment destroy that which it is supposed to build up—character? I believe that training and punishment are as truly incompatible as a sheep and a wolf in the same pen. One is always in danger of devouring the other.

The purpose of punishment doubtless is to improve the individual. But such corrective punishment must take on the character of training. And when adequate training comes in, punishment steps out.

Look about among your parent-friends and you will find that they appear to be divided into two classes: those who train more than they punish; those who punish more than they train. Probably the average parent starts out with two ideas to train as far as he can, and then resort to punishment. It is a common expression, "I didn't know what else to do, I just had to punish him." But as time goes on the two ideas—training supplemented by punishment—do not combine well. Then the attitude of the parent tends to become all training, or all punishment.

It is extremely difficult for a parent to stop punishing his children if he has resorted to it for some time. Any habit of long standing is hard to break. It is also difficult for the child who is used to being punished, to obey for other reason than fear of punishment. He has established a habit as well as his parents. Obeying through fear of consequences is probably present in all children to some degree, but it takes a different form, and is far less important, in the child whose penalties are truly corrective. But a mother must know the outstanding facts of child-nature in order to be able to train. For instance, a two-year-old reaches up to the outstanding facts of child nature in order to be able hands, close to his body to feel of it and look at it. A mother who does not understand her child's psychology thinks only of the dish—it may be broken. She shouts at the child to put it down, scolds him, slaps him perhaps, or snatches the dish away. Contrast this with the case in which the mother, on seeing the child take the dish, says gently — "Hold it carefully in two hands." She then helps him to turn it over and feel of it on all sides and edges because she knows that a child under six learns more from his sense of touch than he learns from his sense of sight.

Then she says: "That is mother's dish. It belongs up here on the shelf. You put it up there. Reach up carefully. That's the way." A two-year-old enjoys taking things down, and putting them up again, taking things out of a basket or a box and putting them back. Children can be taught to respect the belongings of others by being told over and over again to whom they belong and where they belong. But when you pit yourself against a child's desire to touch things, you face a losing battle. You create a crying, rebellious child who does not understand you.

(*Turn to page* 49)

WHICH?

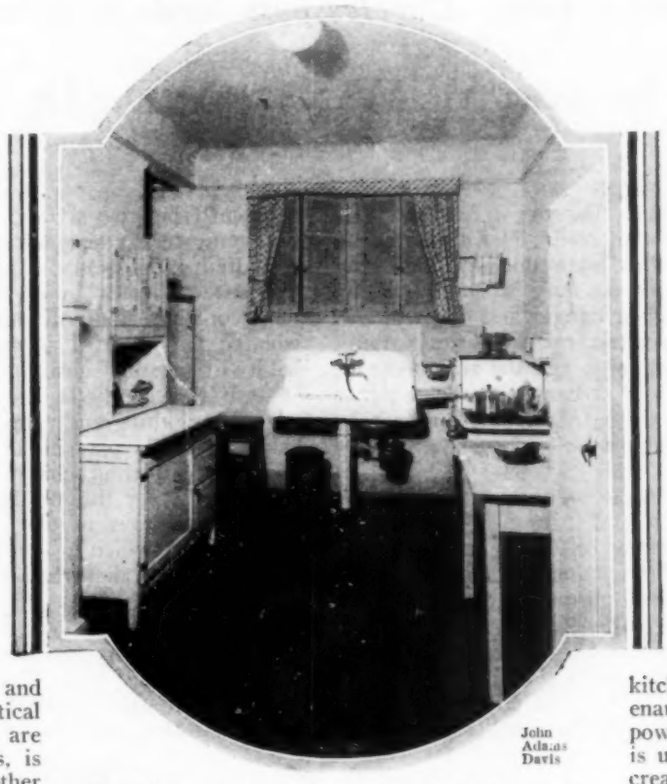
DO YOU . . . *Nag children about eating proper foods?*	OR DO YOU . . . *Serve the proper kind of food, making meal-time a pleasant occasion and allowing no "piecing"?*
DO YOU . . . *Complain because children are not prompt?*	OR DO YOU . . . *Give them watches or clocks and drill them in keeping appointments?*
DO YOU . . . *Argue with children about going to bed?*	OR DO YOU . . . *Keep the same bedtime from babyhood to five years, so that the child accepts it unquestioningly?*
DO YOU . . . *Keep much medicine on hand for sores and infections and fuss nervously about them?*	OR DO YOU . . . *Maintain a matter-of-fact attitude in treating small ailments, showing children how to paint all scratches and cuts with a good disinfectant?*
DO YOU . . . *Worry continually about drafts, damp feet and the weight of underwear?*	OR DO YOU . . . *Teach children to exercise and keep a safe distance from running noses?*
DO YOU . . . *Slap your child to make him keep away from the vacuum cleaner?*	OR DO YOU . . . *Teach him how to run it?*
DO YOU . . . *Scold your child for taking dishes from the table?*	OR DO YOU . . . *Show him how to handle dishes without breaking them?*
DO YOU . . . *Punish children for being slow and untidy?*	OR DO YOU . . . *Practice with them dressing and toilet duties, under a time limit.*
DO YOU . . . *Punish children for getting their clothes dirty when playing?*	OR DO YOU . . . *Realize that play is more important for them than keeping clean?*

Furnishing the WHOLE-FAMILY HOUSE

By PAULINE DUFF

Interior Decorator and Home Consultant

To equip her kitchen in such a way that her work is easier and she has more time to spend with her children should be the aim of every mother. This fourth article in a series is brimful of suggestions



John Adams Davis

The kitchen is the working center of the home and should be arranged to save motion. A spray attachment for dishwashing, and easy garbage disposal are featured here

WHETHER it's a question of your own pleasure or one of keeping the maid contented, your kitchen is as important in the decorative scheme of your home as the living room or bedrooms. A sunny kitchen, large or small, gaily colorful in the modern manner, and equipped with the really practical modern conveniences, which are time, temper and step savers, is a room in which a busy mother will not begrudge spending her time. If she is so fortunate as to have help, such a kitchen will soften the disposition of the most formidable maid.

The dull-finished oilcloths in patterns as attractive as those of chintzes and silks have made women realize that the kitchen is as interesting a room to decorate as any other in the house. Gay, peasant plaids and conservative, finely checked plaids, floral-sprigged checks and a range of solid colors in excellent pastel shades afford much room for individual choice. Shelves covered in oilcloth, available in four widths in most patterns, are permanently covered, for the oilcloth is easily kept clean. The walls of the kitchen may even be covered with oilcloth so that smoke, soot, grease and splashed juices may be easily washed away.

Though the vogue for color in the kitchen, which ran riot last season, has subsided somewhat, it has not disappeared, only become more sensible. Instead of having the kitchen one mass of solid color, too intense to be permanently satisfying, the neutral background for the kitchen with touches of color, or combined colors, is coming into the foreground. The white tiled kitchen with colored voile, chintz, or gingham curtains, colored shelving and a few colored pots and pans is a kitchen of which one will not tire quickly. Combining color in the kitchen is made easy by a line of enamelware on which green, powder blue or a soft rose color is used to trim utensils of a rich cream color. With these, the kettle, percolator and dish-pan, or two or three other important pieces, may be used in solid color to match the trim of the two-tone pieces. This affords interesting variety, and shelving and curtains repeat the color scheme thus selected.

Worsinger

A breakfast nook saves Mother many extra steps, and electrical equipment, orange juice extractor, and a step-stool are good labor saving devices

Before telling you all about the really helpful equipment which has recently appeared on the market, there are a few special kitchen features of which you should be reminded. The utility closet for brooms, mops, etc., is a help in keeping everything in its place. An enameled metal one is the most practical, for insurance companies quote alarming statistics on the number

(*See page* 54)

How to Guard Against COLDS *and* "FLU"

Don't neglect a cold. Taken in time, rest and light diet will often effect a cure. Carelessness leads to influenza

By SHIRLEY W. WYNNE, M.D., Dr. P.H.

Commissioner of Health of New York City

WITH the arrival of winter the dreaded possibility of "flu" takes on increased significance. Parents watch their children apprehensively for signs of cold. Those who in the past have sat beside a sick-bed know only too well how swiftly a seemingly slight ailment may become a serious malady with its ensuing trail of danger and distress.

This apprehension is salutary, provided the parents can back it up with common sense and the rudiments of health knowledge. For proper precautions taken against ordinary colds may frequently be effective in preventing the more serious respiratory diseases, such as pneumonia and influenza.

Colds occur when the resistance of the delicate mucous membranes of the nose and throat is lowered so that they become susceptible to attack by disease germs. Many well persons carry in their noses and throats the germs which produce colds. These germs, however, do no damage until the resistance is lowered.

Among the common causes of this lowered resistance are exposure to drafts, sudden chilling of the body, prolonged periods spent in stuffy, overheated rooms. When a cold develops without exposure to another case some factor, such as these, has caused a weakening of the membranes, and germs already present have been given a chance to make their inroads.

But colds, as everyone knows, also result from exposure to other cases. We all are familiar with the way in which a single cold seems to run through a family, an office, a classroom. These colds vary in intensity in the different individuals they attack. It is important to remember that babies and young children are especially liable to become seriously infected from some other member of the family who has merely a simple cold. Such an infection may spread within a few days to the ears and even to the brain, producing mastoiditis or meningitis. It may also result in pneumonia or influenza.

In endeavoring to prevent her children from catching colds, every mother should approach the problem from two angles. She should seek to build up the youngsters' resistance by providing them with wholesome living conditions. And she should guard them from exposure to colds in others. Members of the family who contract such infections should be more or less isolated and careful attention should be paid to their habits of personal cleanliness.

Resistance can be built by healthful diet, sufficient rest, adequate clothing and proper ventilation. Regular, well-balanced meals play an important rôle in enabling the body to withstand chance infections. So does sleep, particularly for the young and growing. Every child should be required to take long hours of refreshing sleep. The room in which he sleeps should be so arranged that he will not be disturbed by his elders who keep later hours. Clothing should be sufficiently warm for the body never to become chilled. It is better to put on extra wraps when going out than to wear heavy underclothes both indoors and out. The need for ventilation is well known. It assumes added significance in these days of modern heating equipment and overheated homes.

During the winter all too many homes give the impression of being hermetically sealed. The windows are shut, the furnace is going full blast, the temperature is in the neighborhood of 80 degrees Fahrenheit and the air is excessively dry.

It has been found that the best temperature for the living room is between 60 and 70 degrees Fahrenheit. The dryness induced by modern heating plants may be somewhat offset by keeping a kettle boiling on the stove or placing a pan of water on the radiator or in the vessel reserved for that purpose in the furnace. As the air should be fresh as well as cold, every room in the house should be aired thoroughly at different periods during the day even in the coldest weather and at night bedroom windows should be at least partly open. (*Turn to page* 43)

The New Year

By VIOLET ALLEYN STOREY

Every beginning is indeed a prayer
That asks the strength and grace with which to grow.
You who are making useful things each day,
You who create the beautiful, you know!

And you know, too, who watch a little child,
Or tend the seedlings in a garden bed,
Or sally forth to great adventurings,
Or stay at home to do meek tasks, instead.

The first uncertain words of every poem,
The plane's whir as it leaves the field to fly,
Love's first, shy kiss, new friendship's smile, a fire's
Incipent, pixie flame, a babe's thin cry

Are prayers that ask endurance to fulfil
The promises they give. So, this New Year
Is, too, a prayer.—Snow—silent, eloquent
With stars, deep blue of sky, it bids us hear

The boon it asks of us—to use it well
And wisely since it comes of God to be,
When we have done with it, drawn back by Him
Into the pattern of Eternity!

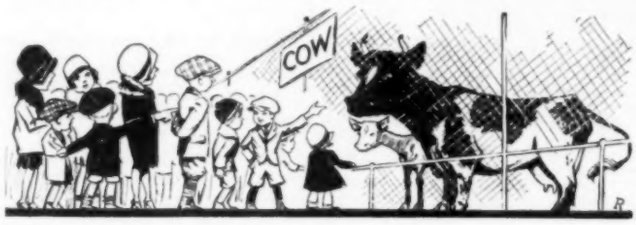
Keep Posted!

News of the Better Parenthood Movement, Child Welfare, Education and Other Matters of Interest to Parents

ATTENTION of parents is called to the fact that Child Labor day will be observed on January 25th, 26th and 27th this year. Although the National Child Labor Committee has been working since 1907 to free children from the double handicap of curtailed schooling and premature industrialization, even now in twelve states children may work in factories after seven P. M. Among two dozen or more bills of some significance for children passed by state legislatures last year, only two were of first-class importance—and scores of progressive child labor bills were rejected. It is believed that the White House Conference on Child Health and Protection called by President Hoover may draft a unified program acceptable to all states and dealing with the various aspects of child welfare such as health, education, delinquency and child labor.

How Much Sunshine?

SEVERE rickets is encountered chiefly in those localities where the sun for several winter months never climbs as high as 35 degrees above the horizon. According to two Canadian physicians whose report of the results of their researches on this subject has appeared in a recent number of the Journal of the American Medical Association, the period of the year during which rickets will probably develop can be calculated for any city in the world, though inclement weather and other factors interfering with the amount of effective sunshine may increase the duration of the period.



What Is a Cow?

CITY-BRED youngsters may now marvel over the strange looking animal known as the cow. A pure-bred Holstein cow and calf have been given quarters in the animal exhibit at Lincoln Park, Chicago, zoo for the benefit of children to whom they are as strange as the mountain lion and the rhinoceros. The newcomers were shipped from the stock farm of Mrs. Ruth Hanna McCormick, near Byron, Illinois. All city zoos take notice.

Ladies First!

TWICE as many persons apply to adopt girls as boys, according to figures in the office of the Child Placing Committee of the State Charities Aid Association, New York City. The records show that 7,909 have applied for girls as against 4,003 for boys. At the end of the first twenty years of work, there were five times as many of the children of the Agency legally adopted as were adopted at the end of the first ten years, and people continue to show increasing favor toward the idea of legal adoption.

RIPE olives are recommended by physicians for children and adults. Contrary to universal opinion, the ripe olive is a food rather than the condiment it is reputed to be, through its association with the green variety. The ripe fruit has surprising fat content and calorific or energy-giving value.

Pigmy Games

CAN the games played by pigmies of far-off Africa be adapted to the use of children in America? Mrs. Delia J. Akeley, sent out under the auspices of the Brooklyn Children's Museum, is going to live for a year in the villages of the pigmy natives along the Congo River for the purpose of answering this very question. On a former journey into the Belgian Congo, she found the children's games full of original ideas and demanding unusual cleverness and skill. She believes they might be well adapted to the needs of American children.

A Blow to the Self-Made Woman

IT used to be considered a splendid feat for a girl to work her way through college. The best American traditions of being self-made were thus maintained. But that idea received a severe blow recently when Dean Virginia Gildersleeve of Barnard College condemned the practice of young girls trying to work their way through college. She suggested that the burden of carrying a debt is preferable to the impairment of health and ability that often accompanies the task of working through the four years of study. To meet the problem of students unwilling to borrow enough money to pay college tuitions, several women's colleges this year are increasing their number of scholarships.

Heroism Rewarded

EVERY dog may have his day, but not every dog can boast of a gold medal. Prince, a more or less ordinary shepherd dog, walked into the headquarters of the Massachusetts Society for the Prevention of Cruelty to Animals recently and a short time later swaggered out again, the possessor of a gold medal. This he won for dragging his two-year-old mistress, from the path of an onrushing locomotive near her home in Middleboro.

Motion Pictures

Which Are Suitable and Which Unsuitable for Children and Youths?

Which Are Worth the While of Intelligent Adults?

THE AVIATOR, with Edward E. Horton (*Warner*)—Farce comedy in which our hero untruthfully claims to have an expert knowledge of flying and finds it embarrassing. It is not the finest basis for humor to entertain children unless they are old enough to understand the absurdity intended. All talking. (U) (E) *For A:* Fairly amusing: *For Y:* Amusing. *For C:* Probably harmless but exciting.

BROADWAY SCANDALS, with Sally O'Neil (*Columbia*)—Merely another talk-song film of backstage life of vaudeville team—feebler than its models. All talking. (E) *For A:* Mediocre. *For Y:* Hardly. *For C:* No.

DANCE HALL, with Arthur Lake and Olive Borden (*RKO*)—This is the thoroughly wholesome story of the love of a nice boy for a hostess in a dance hall. The characters are kindly and normal, their reactions wholesome and the plot not improbable. An excellent family picture. All talking. (U) *For A:* Rather good. *For Y:* Good. *For C:* Rather mature.

Evelyn Brent and Jack Oakie in "Fast Company," a farce-comedy the whole family will enjoy

DISRAELI, with George Arliss (*Warner*)—The picture is the translation to the screen of the stage play which is probably Mr. Arliss' most conspicuous artistic achievement. It is highly recommended as an outstanding production. The plot concerns the political conflict of Mr. Disraeli and Gladstone and the acquisition for England of the Suez Canal in 1875. All talking. (U) (E) *For A:* Excellent. *For Y:* Excellent. *For C:* Good, but mature.

THE FEMININE TOUCH, with George Duryea and Lina Basquette (Fox)—Harmless and occasionally amusing comedy where the hero goes west to become a "he-man." All talking. (U) *For A:* Passable. *For Y:* Passable. *For C:* Passable.

THE FORWARD PASS, with Douglas Fairbanks, Jr. (*First National*)—Typical football picture in which the hero wins the game and the girl. All talking. (U) *For A:* Passable. *For Y:* Entertaining. *For C:* Entertaining.

THE GREAT DIVIDE, with Dorothy Mackaill (*First National*)—Good picturization of Moody's strong novel, done without cheap suggestiveness. Dorothy Mackaill does exceptional work—first, as the utterly blase modern maiden, but especially in some real acting through the second half of the film. Ian Keith plays the hero very convincingly. All talking. (E) *For A:* Interesting. *For Y:* Interesting. *For C:* Harmless, but beyond them.

HEARTS IN EXILE, with Dolores Costello (*Warner*)—Rather interesting and exciting story of Russian life and exile, but overloaded with hokum and improbabilities. Striking backgrounds, incessant snow, masses of whiskers, brutal knouts, vodka, dialog and Russian folk songs, all done in the best Hollywood English! All talking. (E) *For A:* Fair. *For Y:* Perhaps. *For C:* Hardly.

HOT FOR PARIS, with Victor McLaglen (*Fox*)—Raoul Walsh has directed another comedy with broad and vulgar humor and sex the predominating motivation. Its appeal will undoubtedly be a matter of taste. All talking. (U) *For A:* Hardly. *For Y:* Unsuitable. *For C:* No.

IN OLD CALIFORNIA, with Helen Ferguson and Henry Walthall (*Audible Pictures*)—A historical romance of Early California which has lovely settings and an entertaining story to recommend it. All talking. (U) *For A:* Good of its kind. *For Y:* Good. *For C:* Good.

ISLE OF LOST SHIPS, with Virginia Valli (*First National*)—Lively adventures of three castaways among the mythical lawless colony in the middle of the Sargasso Sea. Striking sets, fairly convincing story of Jules Verne type, and wholesomely thrilling. All talking. (E) *For A:* Rather novel. *For Y:* Good and exciting. *For C:* Good, though exciting.

IS EVERYBODY HAPPY? with Ted Lewis (*Warner*)—A simple and wholesome story of a young musician who finds it necessary to play jazz to support the family and finds it his best means of expression. All talking. (U) (E) *For A:* Ordinary. *For Y:* Harmless. *For C:* Probably too mature.

JAZZ HEAVEN, with John Mack Brown and Sally O'Neil (*RKO*)—Slight farce-comedy of struggling young jazz composer. Real acting and voices of Cawthorne and Conti as the music publishers largely redeem the poor work of John Mack Brown and his heroine. Quite human and funny. All talking. (E) *For A:* Fair. *For Y:* Amusing. *For C:* Amusing.

KIBITZER, with Mary Brian and Harry Green (*Paramount*) — Thoroughly amusing comedy drama from the stage play. The absurd situations are based on playing the market. All talking. (U) *For A:* Amusing. *For Y:* Very amusing. *For C:* Little to interest.

THE KISS, with Greta Garbo and Conrad Nagel (*M-G-M*)—This is a typical vehicle for the star with lavish settings and sophisticated theme. Silent. (U) (E) *For A:* Hardly. *For Y:* Unsuitable. *For C:* No.

THE LAST PERFORMANCE, with Conrad Veidt and Mary Philbin (*Universal*) — Pretentious, heavy love-tragedy of a stage-magician, with Veidt doing strong work with a Svengali role. Thrilling, grotesque, and trick camera effects to the point of monotony. Sound only. (E) *For A:* Hardly. *For Y:* Hardly. *For C:* No.

THE MARRIAGE PLAYGROUND, with Mary Brian (*Paramount*)—A picturization of Edith Wharton's novel "The Children," with a more romantic if less realistic ending. It depicts the evils of divorce in that super-sophisticated social set of which Mrs. Wharton so often writes. All talking. (U) *For A:* Perhaps. *For Y:* Not advisable. *For C:* Unsuitable.

MARRIED IN HOLLYWOOD, with J. Harold Murray and Norma Terris (*Fox*)—An opera comique, by Oscar Strauss, with Graustarkian theme which is refreshing and entertaining. All talking and music. (U) (E) *For A:* Good of its kind. *For Y:* Good. *For C:* Possibly mature.

THE MIGHTY, with George Bancroft (*Paramount*)—The best yet by Bancroft, because more real character play is involved and he does it well. The gangster's criminal side is not the alluring thing—rather his heroic work in the war, and the slow, logical and convincing change in attitude that results. Strong and largely wholesome. All talking. (E) *For A:* Good of its kind. *For Y:* Strong and probably good. *For C:* No.

A MOST IMMORAL LADY, with Leatrice Joy (*First National*)—The heroine's business is luring men into compromising situations, when her crook "husband" proceeds to cash in from the victim. As cheap as its title. All talking. (E) *For A:* Mediocre. *For Y:* Better not. *For C:* No.

(*Turn to page 58*)

The Best Recent Films for Young Folks

†Chasing Through Europe	The Long Long Trail
Cheyenne	Marianne
†China Bound	Molly and Me
†Christina	†The Rainbow Man
Cocoanuts	†The River of Romance
Divorce Made Easy	†Sailor's Holiday
The Donovan Affair	†Salute
†Evangeline	Spite Marriage
The Exalted Flapper	Speedway
†Fast Company	Stairs of Sand
Flight	†Strong Boy
The Flying Fool	†Sweeties
The Flying Marine	†Taming of the Shrew
The Girl in the Show	Three Live Ghosts
Give and Take	Two Weeks Off
The Glorious Trail	Welcome Danger
The Golden Bridle	†Why Bring That Up?
†His Lucky Day	†The Winged Horseman
The Hottentot	†Words and Music
†Innocents of Paris	
The Iron Mask	

†Especially good for children.

What the Abbreviations Mean

E—The judgment of the National Film Estimate Service, an organization, unaffiliated with the motion picture industry, having a corps of well-qualified volunteer reviewers throughout the country.

U—The judgment of the Motion Picture Committee of the Women's University Club, Los Angeles.

For A—For intelligent adults.

For Y—For youths, 15 to 20 years of age.

For C—For children, under 15 years.

Big things are expected of

Young Champ Clark

Growing up well and strong with this little care so many mothers give

At White Fish Lake, Minnesota, Champ sits for hours with his eye on his bobber . . . miniature—but a sportsman in the making

Champ Clark is the son of Mr. and Mrs. Bennett Champ Clark, of Clayton, Missouri. He is named for his famous grandfather and is being brought up just 90 miles from the old homestead in Pike County

IF you're six years old and you have a proud name, a lot is going to be expected of you, later on.

Champ Clark's Dad was the youngest Colonel in the A. E. F. His grandfather, for whom he's named, was that fine old figure who was twenty-five years in Congress, and who was speaker of the House in two administrations.

Young Champ is the merriest little boy that ever was. Interested in everything, and most of all, "playing outdoors."

He may never make a political speech in his life. But he's being brought up with very special care, for whatever he may do. His parents are determined he shall have the best start possible.

So they watch his health habits carefully—see that his bedtime is regulated and his playtime kept free. And all his life Champ has had the breakfast that authorities advise.

When Champ was a baby his mother consulted a famous child specialist. She did as he said and used the *hot, cooked* cereal long called the children's own—Cream of Wheat.

One of the reasons Champ is so well is his Cream of Wheat breakfast, Mrs. Clark believes

"Hot cereal for breakfast is simply routine with Champ," says Mrs. Clark. "And Cream of Wheat is as staple in our house as bread and butter."

Thousands of other mothers follow the same advice. Pediatricians the country over are giving it. Recently, in New York, Chicago, San Francisco, and Toronto, 221 leading child specialists were asked their opinion of Cream of Wheat. *All* of them approved it.

They know how rich it is in energy-giving substance, how easy to digest, since all the harsh part of the grain is removed.

Give your youngsters this simple daily care that means so much to their welfare. Start them off regularly with Cream of Wheat for breakfast.

CREAM OF WHEAT

The Cream of Wheat Corporation, Minneapolis, Minnesota. In Canada, made by the Cream of Wheat Corporation, Winnipeg. English address, Fassett & Johnson, Ltd., 86 Clerkenwell Road, London, E. C. 1.

FREE—this plan that makes children enthusiastic about their *hot, cooked* cereal breakfast. The H. C. B. Club, with badges, pictures, gold stars, etc. A children's Hot Cereal Breakfast Club, with 734,000 participants. All material sent free, direct to your children, with sample box of Cream of Wheat (if desired). Just mail coupon to:

CREAM OF WHEAT CORPORATION DEPT. PM-1
MINNEAPOLIS MINNESOTA

Child's Name .....

Street .....

City ..... *State* .....

To get sample of Cream of Wheat, check here .....

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All advertisements are certified as conforming to standards on page 55.

Everyday Problems

And How Parents Meet Them

WE are glad to announce that the prize offered for the best answer received to the November problem of Tom—reprinted at the right—has been awarded to the author of the letter published below. Honorable mention is made of a letter received from Harold Cabot, Concord, Massachusetts. Fathers replied to this problem in large numbers. Out of nineteen letters which the judges selected as possible candidates for the prize, twelve were from fathers.

There also appear on this page other problems which readers have met in training their children and their description of the methods they have used in dealing with them. We invite all our readers to tell us of problems in child training which they have encountered and which they feel they have handled successfully. Write briefly, stating the problem and your treatment of it. One dollar will be paid on publication for each contribution. Manuscripts for this department will not be returned. Address Managing Editor, THE PARENTS' MAGAZINE, 255 Fourth Ave., New York, N. Y.

The November Problem

TOM, a sophomore at college, was greatly impressed by a professor of history whose radical ideas were opposed to the conservative and traditional ideas of his parents. What should the parents' attitude be toward the disturbing philosophy which Tom found so interesting?

Prize-Winning Answer

WHAT better definition can we have of an intellectually awakened sophomore at college than one who is impressed by the radical teachings of his history professors?

Philosophy, social and political, in some form is a part of a boy's pre-college make-up. With the beautiful faith of childhood he has adopted certain normal principles as the basis of the social philosophy about him. Suddenly, at a turn of the road, he encounters a basically different viewpoint. If adopted, all former standards collapse. His logic is beaten to a standstill.

He has a strong suspicion that he has been a fool all his life. He will sound his parents out. Youth is by nature receptive and empirical; it is extremely intolerant of conservatism and feels a personal debt toward a new philosophy that seems to have opened its eyes.

With all this arrayed on the radical professor's side, it would be futile to label his philosophy bad and try to dismiss it. Your radical professor was not put upon the teaching staff inadvertently. Go into the subject and decide for yourself whether his teachings contain a truth, a half-truth or a baffling mixture. Your wider knowledge and deeper experience should be used to help. Search with your son and do not be satisfied until you have seen clearly the consequences of that philosophy. In this way foster intellectual honesty at the expense of faddism.

Before any incriminations begin remember that the background with which the boy has been supplied will be a large factor in his ability to weather the sometimes devastating onrush of cynicism, skepticism, agnosticism and all the isms, good and bad, of all the ages.

"A little knowledge is a dangerous thing." So give the sophomore time and, if you can, light. Not mass formation here, but a completed forward pass.—*Joan Harper Lauer, Brooklyn, New York.*

I FEEL THAT IT IS IMPORTANT THAT CHILDREN SHOULD LEARN RESPONSIBILITY BY TAKING PART IN THE WORK OF THE HOME, BUT EVERY MOTHER KNOWS THAT IT IS DIFFICULT TO GET THEM TO DO SO WILLINGLY.

HOW IT WAS HANDLED: When my brother and his wife died within six months of each other their three children came to live with me. When we started in together Rodney was nearly twelve years old, Shirley May ten, and Billy a little more than six. I told them that we were four children working together, but because I was the largest and the oldest, I would divide the work as evenly as I could and each one would be responsible for his own part of it, but I would stand as general adviser. In the morning before the children were downstairs, I prepared a list of duties for each one with his name at the top, mine along with the others. These lists I pinned up in plain sight and as soon as the children came down they looked them over. During the breakfast nothing was said about the work, but as soon as we were through eating each one went to his list, chose the duty to be done first and went about it. If necessary to consult me they did so, otherwise nothing was said until the task was completed, when I was called to approve it, and then this particular task was checked off the list. I generally found a task each day where they would work with me, as all seemed to enjoy this the most. I was always surprised and pleased at the splendid way they did their work and enthusiastic in praise of their ability, and this was genuine on my part and they knew it. When the work was finished the rest of the day was theirs.—*Mrs. M. B. E., Oregon.*

MY LITTLE BOY OF FOUR AND A HALF YEARS COULD DRESS HIMSELF ALMOST ENTIRELY. BUT HE WOULDN'T.

HOW IT WAS HANDLED: As Edwin was getting ready for bed I told him I had a surprise for him the next morning as soon as he was dressed. He would find it in my room as soon as he came in all dressed, ready for me to tie his shoes. He selected a suit to wear the next morning. I buttoned the trousers to the waist in the back. He put it on his little chair with the underwear on top, got out his clean socks and put them by his shoes at the edge of the bed. The next morning early a shining little face waked me with a kiss and a "Please tie my shoes quick so I can get my surprise!" The surprise consisted of two little marshmallows which he carried around in a bag for two or three days! (It never occurs to him to eat candy except right after dinner.) We kept this up each morning for a week—a toy, a box of crayons, as surprises. Then one morning we waited till breakfast for the surprise — waffles! The next day bran muffins. By that time the habit was well formed and the surprise merely the (*Turn to page* 45)

What Would You Do?

$10 for the Best Answer to the following problem:

ETHEL, aged eight, has always been interested in telling fanciful tales. Her parents have recently become disturbed because they feel that she does not distinguish between truth and falsehood. She will sometimes tell tales of great adventure, picturing herself as the heroine of the tales. She has never been punished for telling fanciful stories, but her parents think now that something must be done to correct this tendency which she is apparently not outgrowing.

The best 300-word solution to this problem submitted by January 15, 1930, will receive a prize of $10 and will be published on this page in an early issue. If two or more answers are of equal merit, duplicate prizes will be awarded. Address: Managing Editor, THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y.*

4 POLICEMEN for hire

at less than 3c a day

This new food-combination contains the four vitamins necessary for health

HAVE YOU ever visited a children's clinic? It is an illuminating experience. You come home, hold your own child tight in your arms, and vow to take every precaution for his health.

Much of this suffering due to disease, this tragedy of retarded development, they told you at the clinic, was to be explained by vitamin deficiency, the result of improper feeding. . . . But how few mothers realize that these deficiency diseases, as doctors call them, are at first extremely hard to detect! Often the dire results which you saw are not apparent until too late.

These vitamins act as policemen. They shield our bodies against certain diseases. They promote normal growth and health. Rickets, soft teeth, scurvy, nervous disorders, and the insidious common cold . . . these are some of the specters that attend vitamin deficiency.

Unfortunately, the child often refuses the very foods which give him these essential vitamins. It becomes necessary to provide them in another manner. Today, there is one food combination on the market which meets this need. A leading biological chemist has found, through searching laboratory tests, that Maltine With Cod Liver Oil—added to orange juice in adequate dosage—*provides a sufficient quantity of all four vitamins to promote health.*

Seventy per cent of this product is Maltine (rich in Vitamin B), a concentrated extract of the nourishing elements of malted barley, wheat and oats. The remainder is pure vitamin-tested cod liver oil (rich in Vitamins A and D). When Maltine With Cod Liver Oil is taken in orange juice (Vitamin C), all four vitamins are present. This food-drink is much more palatable than plain cod liver oil (determined by clinical test). And it gives insurance of four vitamins (A, B, C and D), whereas cod liver oil alone contains but two (A and D). Keep a bottle in the kitchen cabinet, and mix it with the youngster's morning orange juice.

We have an interesting booklet, "The Doctor Talks About Vitamins." It has been prepared especially for mothers who desire to learn the importance of vitamins in our daily lives. Have us send you a free copy. The Maltine Company, 20 Vesey Street, New York. Established 1875.

The A B C's of Vitamins

A "OFFICER A" *is essential to normal growth and helps protect against certain infections, especially those that attack the respiratory system. Maltine With Cod Liver Oil is a recognized rich source of Vitamin A.*

B "OFFICER B" *is most essential. Lack of Vitamin B results in loss of appetite, a cessation of growth, and the appearance of certain nervous disorders. Vitamin B is found in abundance in Maltine With Cod Liver Oil.*

C "OFFICER C" *prevents scurvy. Orange juice is everywhere recognized as very rich in Vitamin C. That's why we recommend this policeman.*

D "OFFICER D" *is also necessary. A deficiency of Vitamin D causes rickets, that weakener of child bones. Sound teeth depend upon it. It is meager or lacking in all our ordinary foods. Maltine With Cod Liver Oil is rich in Vitamin D.*

Maltine
WITH COD LIVER OIL

Accepted by the Council on Pharmacy and Chemistry of the American Medical Association

THE MALTINE COMPANY, 20 Vesey St., New York

Please send me a free copy of the booklet, "The Doctor Talks About Vitamins."

Name_____

Address_____

City_____ State_____

All advertisements are certified as conforming to standards on page 55.

Smart and Sensible

STYLES *for* CHILDREN

Good Taste in Fabrics

By CRETE HUTCHINSON, *Fashion Editor, The McCall Company*

WOOLS, this season, are woven in clever patterns, printed on washable challies and dyed every color in the rainbow and there are appropriate patterns for even the smallest girl or boy. Wool jersey is, of course, the most practical and the least expensive of the school fabrics. It comes in such generous (*Turn to page* 39)

5976—Girls' Dress. Designed for wool jersey, cotton or linen. In five sizes from 6 to 14 years. Size 10 requires 1¾ yards of 54-inch material and 1 yard of ribbon for the tie.

5949—Misses' Dress. Designed for woolens, silk or cotton. In four sizes, from 14 to 20 years. Size 16 requires 2¾ yards of 54-inch material and ⅝ yard of contrasting fabric or 5 yards of braid for trimming.

5982—Girls' Dress. Designed for cotton, wool or linen. In six sizes, from 4 to 14 years. Size 6 requires ⅞ yard of 32-inch material for the waist and 1¼ yards of 32-inch material for the skirt.

5989—Child's Dress with Panties. Designed for cotton, challie or silk. In four sizes, 1, 2, 3, and 4. Size 4 requires 2⅛ yards of 36-inch material. Long or short sleeves.

5978—Boys' Suit. Designed for wool, cotton or linen. In four sizes, 2 to 8 years. Size 6 requires 1¼ yards of 54-inch material.

5889—Girls' Dress. Designed for silk, sheer cotton or Georgette. In five sizes from 6 to 14 years. Size 8 requires 1⅝ yards of 39-inch material and ½ yard of 39-inch fabric for ties and binding.

5568—Girls' Ensemble. Designed for wool, linen or cotton. In five sizes from 6 to 14 years. Size 12 requires 2¼ yards of 54-inch material for the jacket and skirt and 1¼ yards of 36-inch material for the blouse.

Back views are shown on page 39.

5976

5949

5982 5989

5978

5889 5568

McCall Printed Patterns may be obtained from leading stores throughout the country and from THE PARENTS' MAGAZINE, *255 Fourth Avenue, New York, N. Y., at prices given on page* 56

keep your children strong and well in winter-time

with pure Eveready Carbon-arc Sunshine!

THE Eveready Sunshine (Carbon-arc) Lamp, burning either Eveready Sunshine or Eveready Super-Tan Carbons, supplies a pure carbon-arc health light that gives your children ALL the valuable rays of summer sunshine. Eveready Carbons can be secured for a low price at your drug store or lamp dealer's. They are clean and easy to handle. *These modern lamps are absolutely safe and silent.* Doctors and hospitals have used carbon-arc sunshine lamps for years. An Eveready Sunshine Lamp is made to last. There is nothing to wear out—no expensive replacements to make every few months.

The right rays for your children

By using the two different grades of Eveready Carbons you can vary the type and amount of rays for your children as they grow stronger and browner. Eveready Sunshine Carbons give a mild tonic sunshine. Eveready Super-Tan Carbons are richer in the valuable vitamin-forming ultra-violets. The carbon-arc lamp is the only type that allows you to vary the supply of rays without expensive changes and auxiliary apparatus.

Unusually Low Price!

The Eveready Sunshine Lamp and Carbons are made by one of the oldest and largest manufacturers of carbon-arc lamps in the world! Known all over the country for its "Eveready" products, thousands of doctors and hospitals trust National Carbon Company implicitly for medicinal carbons. *You can protect your children from winter's dangers with pure carbon-arc sunshine!* A small down payment will place the marvelous Eveready Table Model Sunshine Lamp in your home. Other models only slightly higher.

NATIONAL CARBON COMPANY, INC.
Carbon Sales Division: Cleveland, Ohio

Unit of Union Carbide UCC *and Carbon Corporation*

EVEREADY
TRADE MARK REG.
Sunshine Lamp

Prices—$59.50 to $137.50.
Easy monthly payments if desired.

All advertisements are certified as conforming to standards on page 55.

Feeding *the* Family

By Ruth Washburn Jordan
Food Consultant

News in the Food Field

DO your family meals contain foods rich in copper? This is a timely question now that investigators at the University of Wisconsin have discovered the importance of this mineral substance in food. Everyone is familiar with the importance of using foodstuffs rich in iron. But little was it dreamed until recently that the iron elements were unable to function in the body unless they were accompanied by minute amounts of copper. Yet this is the revelation of the Wisconsin research workers.

Like a fire, the body requires both fuel and air. The fuel is furnished by the foods eaten. It is the hemoglobin of the blood, the material that gives the glow of health to the complexion, that carries oxygen, or air, to the tissues. If the blood does not contain enough of it, a person lacks energy. Perhaps the child so afflicted is called lazy. Sometimes the condition is pronounced and the doctor's counsel is sought. After making a blood count, he says, "Anemia."

If iron and copper, the perfect comrades, are essential to building up the blood stream, the natural inquiry is, What foodstuffs supply these substances? The scientists at the University of Wisconsin have solved this puzzle, too, for they have made a test of all the commonly used foodstuffs. One striking development of the work was finding milk, once heralded as the perfect food, deficient in adequate amounts of both copper and iron. This splendid food needs to be supplemented with foods rich in these materials. Liver contains both of them. In fact, calves' liver had more copper than any of the foods studied, and beef liver ranked second. Cereals, especially the whole grain ones, are valuable sources of copper, while the leafy vegetables, such as spinach and lettuce, which are rich in iron, have to take a back seat when copper is considered.

Nuts are copper and iron mines. The peanut butter sandwich does more than please the child's palate. Other nuts may be ground with the nut butter blade of the food chopper, for young children cannot be depended on to masticate whole nut meats thoroughly. Dried legumes, too, are abundant in both mineral elements. Why not go back to the Saturday supper of baked beans? Meat contains a good supply of these substances, and the dried fruits are good sources, too. And in cooking dried fruits, it is well to know that soaking them a short time in hot water shortens the cooking period and gives the fruit a better flavor than the customary long or overnight soaking in cold water, according to experiments at the University of California.—*Nell B. Nichols, Nutritionist.*

Prize Recipe

Graham Cracker Pudding

2 tablespoons butter
¼ cup sugar
1 egg
½ cup milk
½ cup very finely ground nuts
½ teaspoon vanilla
1 teaspoon baking powder
1¼ cups graham cracker crumbs

Cream butter with sugar well, then add beaten egg, milk and nut meats, vanilla and graham cracker crumbs mixed with the baking powder. When thoroughly mixed pour into buttered baking dish and bake in a moderate oven. It may be served hot or cold with the following sauce:

Mix ½ cup of sugar with 1 tablespoon of cornstarch in the top of a double boiler, add 1 cup of boiling water, stirring constantly to keep smooth, and boil until clear and thick. Continue cooking over hot water for twenty minutes. Add a pinch of salt and beat in 2 tablespoons of butter and 2 tablespoons of lemon juice, and a few gratings of nutmeg.—*Mrs. H. D. Polhemus, Anaheim, California.*

Recommended Recipes

Delicious for Adults, Nutritious for Children

Dried Lima Beans and Carrots

1 cup dried green lima beans
1 medium-sized onion
6 new carrots
1 cup milk
2 tablespoons butter
1 tablespoon flour
1 teaspoon salt
Pepper to taste
4 thin slices of bacon

Cook beans until tender but not broken. Add carrots scraped and cut fine. Add peeled onion, also cut fine. Cook uncovered for 20 minutes, letting water cook away. Put into a well-buttered baking dish and pour over a sauce made of butter, flour and milk. Lay strips of bacon over top. Bake in hot oven 15 minutes and then slide under broiler flame to brown and crisp bacon. Serve from baking dish. This is a delicious and satisfying main dish.—*Mrs. L. S. V., Baraboo, Wis.* (See Menu VI.)

Recipe-of-the-Month Club

Send us your favorite recipes—*those that are especially good for children.* Each month we will pay $5 for the best recipe, and $1 apiece for every other recipe accepted for use on this page. Address The Recipe-of-the-Month Club, The Parents' Magazine, 255 Fourth Avenue, New York City.

Stuffed Calf's Liver

6 slices of liver
6 slices of bacon
¼ loaf stale bread
2 tablesp. butter
Milk to moisten
2 eggs
Salt and pepper to taste

Cut bread in small pieces, brown a little in the butter, season and cool. Over this pour egg and milk mixture, just enough milk to moisten the stuffing so it will hold together well. Season. Fill each piece of liver with the dressing, roll and fasten with a skewer. Dot

(*Turn to page* 36)

Full-size package
FREE
to mothers
Use Coupon

Quaker Farina

—*on every baby's diet list* . . . now brings one full hour of sunshine's health in every dish

READ the little folders that leading child specialists put in the hands of mothers. On practically every one you'll see "Farina."

This creamy, inner-part-of-the-wheat cereal is so easy for little stomachs to digest . . . so nourishing . . . that it has been advised as "the first solid food for baby" for over 50 years.

And this same delicious Quaker Farina continues to be the child's favorite up through busy school years. Its body-building protein . . . its energizing carbohydrate . . . make it the ideal cereal to promote healthy growth.

Now, by exposure to certain powerful rays like those of the sun, every dish of Quaker Farina gains and can pass on to your child the identical bone-building, growth-producing effect that children get from a sun bath.

A single dish of this nourishing hot breakfast food equals in sun-vitamin effect one full hour of exposure to summer sunshine!

Think what this means these dark winter months. Not a day but your child can have at breakfast the vitamin which promotes strong bones and sound teeth. Not a day but he can be helped by this cereal against the ills which threaten children when summer sunshine is lacking!

The Steenbock Process of Irradiation, developed at the University of Wisconsin, is the method used to give Quaker Farina its "sun" vitamin content. This method has been proved reliable by countless tests over a four-year period.

Start at once to give your children this vital new health protection. We'll send your first package absolutely free. Or you'll find Quaker Farina containing the "sun" vitamin at your grocer's. No change in taste. No change in price. For free package, use the coupon.

WARNING: Don't be confused. The mere fact that grain is grown in the sunlight does not give cereals the "sun" vitamin. The husk keeps out the invisible rays from the heart of the grain. Only cereals marked "Irradiated Steenbock Process," are guaranteed to have the "sun" vitamin stored there by ultra-violet rays. The only two such cereals are *Quaker Farina* and *Muffets*, the new wholewheat biscuit. The Quaker Oats Companyhas been granted the sole right to irradiate cereals by the Steenbock method.

FREE! Full-Size Package

Write your name and address here and we'll send you your first package FREE. Mail to Dept. D-1, The Quaker Oats Company, 80 E. Jackson St., Chicago.

Name.....

Street.....

City..... State.....

Quaker Farina *Heart of the Wheat*

As the proud possessor of a Dixie, he forgets that he refused to drink his milk—

James R. Tohey, Dr. P. H., in an article which recently appeared in this publication, said: "Paper cups . . . decorated with attractive designs, may make the way to milk-drinking easy."

Most assuredly! Many mothers have written us that their children accept milk—and "nasty old medicine"—much more readily in a pretty Dixie than in a glass. The beauty, and the pleasant touch, and the novelty of a Dixie have doubtless much to do with that.

And we all know that the drinking glass, as the most common germ-carrier, is really dangerous in the spreading of colds and worse. Dixies in the bathroom, in the kitchen and at meals help you to guard the health of every one in your house. And, besides, Dixies save you the trouble of washing and polishing glasses—save the expense of broken tumblers and goblets.

Dixies are packed in convenient 10c and 25c cartons. Stationery, grocery, drug, department and 10c stores have them in stock, or can easily procure them for you. Very handy at afternoon and evening entertainments.

INDIVIDUAL DRINKING CUP CO., Inc.
Original Makers of the Paper Cup
EASTON, PA.

You and the children will enjoy the Dixies Circus over WJZ and Associated National Broadcasting Company Radio Stations every Friday evening.

Feeding the Family

(*Continued from page* 34)

with butter. Place under a slow flame and baste often. When liver is almost done wrap bacon slice around each piece and cook until bacon is curly and crisp. Serve very hot.—*A. B. K., Butler, Pa.* (See Menu IX.)

Corn Meal Soufflé

1 pint milk — 1 cup corn meal
1 teaspoon salt — 4 eggs

Heat the milk, then add salt and corn meal. Stir until it reaches the boiling point. Take from fire and add four egg yolks well beaten. Fold in stiffly beaten whites and pour into buttered baking dish and bake twenty minutes in hot oven. It is attractive to children if baked in individual ramekins and served with a dab of jelly or jam.—*Mrs. H. R. S., Alameda California.* (Menu XII.)

"Different" Baked Beans

2 to 3 cups pea beans
1 pint can of tomatoes
8 slices of bacon
1 onion
3 cloves
Pepper and salt to taste

Pick over and wash the beans and soak overnight; in the morning drain, cover with cold water and parboil until skins will break when you blow on them. Drain carefully and rinse with hot water. Put beans in a casserole. In the meantime put the tomatoes on in a saucepan with the onion cut fine and the cloves. Cook until onions are tender. Strain and season with pepper and salt and pour over beans. If there isn't quite enough juice, a little boiling water may be added from time to time. Bake in a moderate oven, covered, 3 or 4 hours. At the end of three hours cover the top with bacon and bake uncovered until bacon is crisp. I turn it so both sides will be browned. These are delicious and quite different from Boston baked beans. (See Menu XIV.)

Savory Wild Rice Stuffing

2 cups cooked wild rice
1 or 2 medium-sized onions
2 tablespoons butter
⅛ teaspoon paprika
Pepper and salt to taste

Chop onions very fine and cook gently in the butter until yellow and tender. Mix with rice and season well. Fill bird and sew with coarse needle and heavy white thread. (See Menu I.)

Lamb Short Cake

Make a good biscuit short cake dough. Split, butter, and pour creamed lamb over first layer. Cover with other piece and pile more of creamed lamb on that. Sprinkle with paprika and decorate with parsley. (See Menu V.)

Whole-Family Dinner Menus

I
Cream of Celery Soup
Whole Wheat Crackers
Roast Capon or Chicken
Savory Wild Rice Stuffing
Olives Cranberry Jelly
Baked Squash
Brussels Sprouts
Chocolate Ice Cream with Chocolate Sauce

II
Hashed Capon in Mashed Potato Cups
Buttered Beets Spinach
Orange Salad
Sponge Cake with Whipped Cream

III
Broiled Minute Steaks
Baked Potatoes
Steamed Onions
Scalloped Tomatoes
Old Fashioned Rice Pudding

IV
Roast Shoulder of Lamb
Mint Jelly
Browned Potatoes Peas
Celery Salad
Stewed Pears
Christmas Cookies

V
Mutton Broth
Whole Wheat Crackers
Lamb Shortcake (Grown-ups)
Creamed Lamb on Toast (Children)
String Beans
Gelatin with Soft Custard Sauce

VI
Consommé Toast Melba
Dried Lima Beans and Carrots en Casserole
Asparagus Tip Salad
Graham Cracker Pudding

VII
Tomato Soup
Thin Slices Toasted Corn Bread
Baked Halibut Steaks
Lyonnaise Potatoes (Grown-ups)
Baked Potatoes (Children)
Spinach
Pineapple Tapioca

VIII
Veal Cutlet En Casserole (Grown-ups)
Broiled Lamb Chops (Children)
Baked Sweet Potatoes
Currant Jelly
Brussels Sprouts
Oatmeal Pudding

IX
Stuffed Calf's Liver
Creamed Cauliflower
Baked Potatoes
Plain Salad
Raisin Gingerbread with Custard Sauce

X
Vegetable Soup
Rare Roast Beef
Homemade Mustard Pickles (Grown-ups only)
Creamed Macaroni
String Beans
Grated Raw Carrot Salad
Fruit Cup

XI
Shepherd's Pie
Scalloped Corn (Grown-ups)
Mashed Turnips for Children
Raspberry Junket and Cookies

XII
Broiled Thin Slices of Ham (Grown-ups only)
Broiled Beef Balls (for Children)
Grape Jelly
Corn Meal Soufflé
Kale
Baked Apples with Cream

XIII
Creamed Haddock en Casserole
Chopped Pickle (Grown-ups)
Tomato Rice
Cabbage Salad
Cottage Pudding
Lemon Sauce

XIV
"Different" Baked Beans
Homemade Brown Bread (Toasted for Children)
Pineapple Salad
Soft Molasses Cookies and Christmas Cookies

HOME MOVIES

By Louis M. Bailey
Amateur Cinema League, Inc.

Light and Shade

WHEN the home movie maker feels that he has mastered proper exposure and focus the next consideration which should receive his careful attention is how to manage light and shade so as to give the picture the most pleasing quality or "balance." This factor will depend on the direction from which the light is coming and its relation to the direction in which the camera is being pointed. This relationship has five chief divisions, generally described as front lighting, cross lighting, forty-five degree front lighting, back lighting and forty-five degree back lighting.

Front lighting is when the light is falling full on the subject from a point directly in line with the camera and from the same side of the subject as the camera. Cross lighting is secured when the light strikes the subject from the side. Forty-five degree front lighting lies between these two, and the shadow of the subject will be cast at a forty-five degree angle away from the camera. Back lighting is the reverse of front lighting and casts the shadow of the subject toward the camera. Forty-five degree back lighting is midway between cross and back lighting, and in this case the subject shadow will be cast at a forty-five degree angle towards the camera.

Front lighting is the most obvious of these classes and probably the most generally employed. However, it is the least interesting and there is also danger of the cameraman getting his own shadow into the picture. Forty-five degree front lighting is probably the most satisfactory for average work. Cross lightings give pleasing variety.

BACK lightings require care. A lens shade must be used, for direct light must never strike the lens. A reflector also becomes essential with this type of lighting. It should be placed facing the subject and so that the light will be reflected on its shadow side, thus preventing a picture with black shadows and no detail. With direct back lightings, open the lens one stop larger than would ordinarily be required with front lighting.

All of these suggestions are made with the average photographic day in mind, that is, from two hours after sunrise until two hours before sunset.

In planning the most effective pictures it is generally wise to avoid extreme contrasts of light and shade. About one-third of the picture should be shadow and two-thirds light, or the reverse. Most of the smaller factor, either of light or shade, should be above or below, to the right or to the left of the center of the picture.

IT'S A WISE mother who can fool the weather-man all winter long by refusing to allow either herself or her children to catch cold. Warmth and strength come from foods that make rich blood and supply the elements for building healthy tissues. Shredded Wheat is the ideal food with which to fool the weather-man. Serve it for breakfast with hot milk and protect the health of the whole family against chilly winds and winter sleet.

THE SHREDDED WHEAT COMPANY

SHREDDED WHEAT

Start the New Year *Right* with DETECTO
WATCHES YOUR WEIGHT

KEEP a record of the youngsters' weights and watch them grow! There's no better barometer of the family's health than a Detecto scale. Guaranteed for five years.
Certified by the N. Y. State Bureau of Weights and Measures and leading household institutes.
Three models in orchid, rose, maize, blue, green and white

Detecto Junior.....$ 8.75
Detecto Ace (Illustrated)... 10.75
Detecto Royal..... 14.75

At all good stores, or direct from
THE JACOBS BROS. CO., INC.
Dept. 8, 318 Greenwich St., N. Y. City

John Hancock Series

YOUR INCOME
is the most important factor in your life and that of your family

A New York Newspaper asks this question:

"A man supporting his wife and two children on a $50 a week income is faced with the necessity of providing insurance protection. What proportion of his income do you think reasonable for this purpose?"

A vital question to PARENTS and their CHILDREN, something that needs to be carefully considered.

Conditions differ with individuals and families; but all want protection for themselves and children against premature death, disability, and old age.

You are invited to discuss your problems with a John Hancock agent, or send for our booklet, "This Matter of Success."

John Hancock MUTUAL LIFE INSURANCE COMPANY OF BOSTON, MASSACHUSETTS

INQUIRY BUREAU
197 Clarendon St. Boston, Mass.

Please send your booklet, "This Matter of Success."

Name.....

Address.....

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Over Sixty-Five Years in Business

Save This CHART of Thread and Needle Sizes

Black and white threads are made in many sizes—each size for a purpose. Fine threads for making dainty garments of sheer fabrics. Heavier threads for sturdy tailored materials. For ease in sewing and for perfect results, be sure to use the correct sizes of threads and needles. In buying ask for them by number. Here is a convenient guide that shows the types of sewing for which you should use ten important thread sizes. Watch for additional charts giving other thread sizes and their uses.

No. 36-40 For buttonholes, buttons, and little boys' suits—wherever sturdy, firm seams are necessary, use thread size 36 or 40, machine needle size 21, Milward's hand needle size 5.

No. 50-60 For blouses and dresses of firm fabrics, including woolens; for draperies, quilts, and household sewing; for children's tailored clothes, use thread size 50 or 60, machine needle size 16, Milward's hand needle size 5.

No. 70-80 For little girls' party dresses and dainty house dresses and aprons; for glass curtains, use thread size 70 or 80, machine needle size 14, Milward's needle size 7.

No. 100 For lingerie, georgette and chiffon garments; for sheer woolens; fine dimities, lawns, and materials where very fine stitching is required, use size 100 thread, machine needle size 11, Milward's hand needle size 8.

No. 120 For machine work on fine baby dresses, slips, bonnets, carriage robes, use thread size 120, machine needle size 9. For hand sewing, use Milward's needle size 9.

No. 150 For hand work on babies' clothes; for sewing on lace and making hand-run tucks, use thread size 150, Milward's hand needle size 10. For machine sewing, use needle size 9.

No. 200 For gossamer fine sewing; for lingerie touches on smart dresses, for exquisitely fine handwork; for lace and delicate fabrics, use thread size 200. Milward's hand needle size 10, machine needle size 9.

Wherever you live, you will find at a nearby store J. & P. Coats or Clark's O. N. T. black and white threads. This chart is your guide in asking for threads by number. These brand names are your guarantee of quality.

J. & P. Coats
or **Clark's O.N.T.**
Best Six Cord
Sewing Threads

Pointers for Parents

Practical Suggestions Submitted by Readers

ANYONE WHO DRESSES A BABY knows how hard it is to get him to keep his fingers together to go through sleeves and cuffs. If the baby is given some small object to hold such as an empty spool or small toy, the doubled-up fists will go through easily.—*Mrs. R. E. D., Chicago, Ill.*

Ready to Wear

BEFORE PUTTING AWAY MY LITTLE BOY'S SUITS after washing, I button the trousers to the waists across the back, putting on a belt to match. He can then get a clean suit in the morning and put it on without help. This pleases both of us. I use the same plan for my three-year-old's bloomers and underbodies and she is proud of getting dressed with very little help.—*Mrs. W. B. L., Jr., Durham, N. C.*

A Home Store

ONE OF THE BIG DRAWERS IN MY FILING CASE is devoted to "The Store." In it are kept pencils, tablets, crayons, paper clips and thumb-tacks, rubber bands, paste—in short all the small supplies which children are constantly demanding, using, and losing. I buy these things in moderate quantities and sell them at cost to the family. A small box with change and a price list are also in the drawer and the children supply their needs without having to come to me at all. Each child, of course, has his allowance to use for these and other personal needs. I have found several advantages in this plan. The children are more careful of small supplies if they realize what they cost, they do not have to come to me when I am busy, there is always a supply of these things "in stock," for I make it my part to see to this, and they get good practice in the use of money.—*Mrs. M. B. W., Washington, D. C.*

Keeping the Floor Clean

CHILDISH FEET TRACKING OVER FRESHLY MOPPED FLOORS have always been a source of annoyance and strife between small boys and girls and their tired mothers. I solved the problem in my own home, where I have linoleum floors in dining room and kitchen, by allowing the children to lay a path of newspapers behind me as I cleaned from the side of the dining room farthest from the kitchen through to the screen porch door. Children under four find big sheets of newspapers awkward enough to handle to prevent their very rapid advance, and they have great fun walking back and forth on the path they have laid down until I'm ready for the next one. Besides keeping the children occupied and out of the way, it gives them a happy feeling of helping mother and incidentally the newspapers keep the floor clean for a little while at least. When the floor is dry they are always willing to pick up the papers and pile them away.—*Mrs. C. L. F., Long Beach, Calif.*

Save Wear and Tear

WHEN SMALL FEET AND BIG FEET SPEND HOURS AT A PIANO, the rug will show wear. I have found that a small, extra piece of carpet of harmonizing color will save wear on the big rug and is easily put away when practice hours are over.—*Mrs. L. W. W., Long Beach, Cal.*

Better Couplers

LAST WINTER WHILE PLAYING WITH TOYS SUCH AS TRACTORS, WAGONS, AND TRUCKS, my small son hit upon the idea of using note-book rings to hook his toys together. The hooks that come with so many of the toys are frail and easily pushed out of place, and are often aggravating to a child who is intent upon carrying out some project. Several different sizes of notebook rings may be kept on hand to use on different sized toys. Now Tommy Tucker sometimes has a string of boxes hooked together for a train, or fastens a box behind a toy automobile for a trailer, or makes any number of connections without calling mother to tie a string.—*Mrs. I. H. N., La Moille, Illinois.*

Use Them Up

THE COLORFUL LININGS OF CHRISTMAS CARD ENVELOPES need not be consigned to the waste basket after the holidays. If carefully removed they make the best possible rainy day play material. With the help of scissors and paste, the children, from the smallest of four to the oldest of twelve, will find fanciful things to do with these bright linings. The Christmas cards themselves can be sorted, the writing cut off and the pictures saved so that the children have a big assortment for gift labels the following year.—*Mrs. M. B., Oakland, Calif.*

If you have practical suggestions that would be helpful to others, tell them to us briefly. For every suggestion accepted one dollar will be paid on publication. Unaccepted contributions to this department will not be returned. Address Managing Editor, THE PARENTS' MAGAZINE, 255 Fourth Avenue, *New York, N. Y.*

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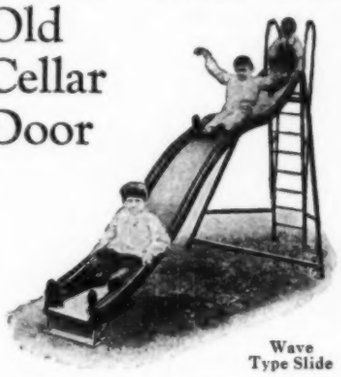

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INFANT WEAR CO., DEPT. 320, PERRY, N. Y.

Smart and Sensible Styles for Children

(Continued from page 32)

widths that the cost is small and it cuts easily and tailors nicely. Warm reds, lovely greens, the various shades of brown, and navy blue are attractive for school frocks and for the young man's suit.

The sheer tweeds make excellent ensembles and while having appearance of being rather heavy they are quite light in weight and can be worn in the house.

Many of the new cottons are heavy enough for winter, and are designed with motifs that suggest wool.

Braid is again in fashion and lessens the labor of making a frock, as do folded bias bindings, obtainable in silk as well as cotton.

The party frock is important and georgette, crepe de Chine and sheer voiles of rayon, silk or cotton, need only a few yards of ribbon for trimming. A little sleeveless dress with French panties for a four-year-old has no trimming except the hand-run tucks and a gay bit of baby blue ribbon at the back of the neck that exactly matches the blue crepe de Chine frock. No. 5989.

Another party frock for the older sister is made of georgette with contrasting scalloped bindings. No. 5889.

The new circular skirts that have a deep V yoke at the back and a zigzag line at the front are attached to simple waists. A charming one for a girl of sixteen is No. 5949.

The jersey school frock has a full circular skirt attached in an interesting way to the yoke of the skirt. Bias bindings of silk or just flat machine stitching make a neat finish. A ribbon tie may match or contrast and the jersey collar may have another one of piqué. No. 5976.

Pleated skirts are always youthful and easy to make. A one-piece dress may have the effect of a blouse and skirt when the upper part is of a figured material and the skirt and collar and cuffs plain. No. 5982.

A tweed ensemble may be just a jacket and a dress, the dress simulating a blouse and skirt. Jersey for the blouse adds to the warmth of the costume and should be in a contrasting color, brown tweed with a yellow blouse is attractive as is one of tan or green tweed with white or yellow blouse. No. 5568.

For the boy from four to six years old, jersey jumper and wide shorts are inexpensive and easy to make. The darker shades of jersey are best for him —navy blue, red or brown. No. 5978.

5949 5568 5889 5976 5982 5978 5989

Back views of designs on page 32

The New Idea in Physical Training

Exercise in the school gymnasium is no longer a dull, uninteresting affair. Peppy music takes the place of the droning count of the physical director. In many schools they have stage dancing during the gym period. The whole idea is to change gym work to gym fun, to add zest to exercise.

MAN O' WAR Gym Togs have been changed to meet these new ideas. They are made in gay colors and smart styles. Girls like to wear them just as much as they like to exercise under the new methods. They appeal to parents, too. For the workmanship and the quality of these modern togs are as fine as you will find in the famous MAN O' WAR Middy. Following are descriptions and prices of the three costumes illustrated above:

At the right is the new dancing and gym romper that is being used in smart schools all over the country. It is made in neat checks, fancy prints and in green, blue or tan broadcloth. Sizes 30 to 40 bust. Lot number 2843. Price, $2.00.

The center costume is a one-piece poplin gym or camp suit in navy, black, brown or green, lot G-50, $5.00. Sizes 30 to 40. The same suit may be had in copen, cotton suiting, lot 6860 at $2.00. The cotton Pongee shirt worn by the same girl is lot S-10 and is priced at $2.00, tan or white.

At the left is a popular exercise and dancing suit in copen, green or tan broadcloth. It is lot 1270 and the price is $2.00. Sizes 30 to 40. Also made with elastic legs.

If your local store hasn't stocked these new gym togs by MAN O' WAR send in the coupon with your check or M. O. for the garments you wish and we will ship them postpaid either direct or through a store near you.

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Enclosed is check ☐ or money-order ☐ for the following:

Lot No... Color... Size... Amount...

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Won't break in boiling water

Won't break in cooling

PHYSICIANS are enthusiastic about these Pyrex bottles because they can be sterilized more effectively—they will not break in the most vigorous continued boiling.

Another feature doctors like is that baby's feeding schedule will not be interrupted by breaking bottles. A quick change from refrigerator to boiling water or from hot water to cooling under the faucet, will not break Pyrex nursing bottles.

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6-sided—so that baby can hold it easily. The inside is rounded off broadly, making it very easy to clean.

Flat-bottomed—to stand firmly in the refrigerator.

Ounces and half-ounces are plainly marked.

The two shapes that baby specialists approve—narrow neck and wide mouth—both in 8-ounce size.

Get enough Pyrex Nursing Bottles for a full day's feeding from your drug store. They are made by the makers of Pyrex ovenware. Corning Glass Works, Corning, N. Y.

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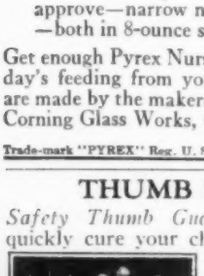
Safety Thumb Guards will safely and quickly cure your child of this bad habit.



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Perfectly safe and sanitary.

Complete instructions with guard.

Patent Applied for

Price, $1.75 per pair, postage prepaid. State age of child when ordering guards. Satisfaction Guaranteed.

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Baby's First Solid Food!

Now it's easy to sieve cooked fruits and vegetables. Just pour them piping hot into the Super-Sieve Rotary Colander. Rotate handy hard wood roller and food comes through QUICKLY in smooth, puree form—just right for baby's first solid food. Saves time and labor. A remarkable Combination Colander, Sieve, Ricer, Fruit and Vegetable Press with many DAILY uses. Approved by Good Housekeeping Institute. At stores or by mail $1.50. Fully guaranteed.

THE TYLER MFG. COMPANY
Dept. C-10 Muncie, Indiana

How to Treat the Growing Pains of Youth

(*Continued from page* 13)

economic freedom explain disciplinary troubles. The situation is not so simple as that. An economic revolution has occurred and we are mentioning, as illustrations, two or three of the conspicuous factors. The new conditions, however, are here and show every sign of remaining. Consequently, we parents must learn to adapt ourselves to the altered circumstances in such a way as to secure their benefits without inviting disaster.

The old disciplinary way of bringing up children was never good, because it did not take into account the nature of boys and girls. Yesterday, boys believed in their "rights" as much as they do today, but they had to use their privileges of "self determination" when out of sight of stern parents. Now conditions have changed.

The sudden collapse of the old disciplinary methods has caused many anxious parents to have shell-shock. They read that children must not be coerced and that they should have the right of self expression, but these parents have not yet learned the difference between attempting to force upon youth an adult point of view and helping them to think out their problems in ways that are reasonable to immature minds. Discipline collapses with the abandonment of punishment if parents make the mistake of thinking the two are synonymous. Yet discipline is essential to mental and moral growth. Giving young adolescents unguided freedom is not training them.

YOUNG people of today know that they are the topic of discussion at parent meetings, they also know that punishment is out of style, and that no one knows what to do with them. If they have not heard of "Flaming Youth," they are quite familiar with the practices underlying the words. Few of them, perhaps, have heard of the "Youth Movement," but all of them know that there is a movement of youths which is causing much anxiety. They have become very conscious of their power. All this is, I believe, unfortunate. Adolescents have been receiving too much publicity. Learning that they are regarded as a "problem," they play up to their reputation. But adolescents have more important and worth-while business on hand than this. Early adolescence is the period when boys and girls are trying to adapt themselves to situations of which previously they have not been conscious. Primitive impulses are still aggressively disturbing though social ideals clamor for attention. This is a time of nervous instability. It is also a period of high ideals and aspirations.

Among those adolescents who take religious questions earnestly this conflict between primitive impulses and moral ideals may create a serious mental confusion. Those adolescents, on the other hand, who are not touched by ethical and moral principles are likely to develop an attitude of callous indifference toward social duties that is well illustrated by such trite expressions as "business is business," or "the public has no right to inquire about my business policy."

At the time when habits of behavior are being fixed it is of the utmost importance that the actions of parents tally with the moral advice which they give their children. Adolescents are keener to detect inconsistencies than adults. Even though they may not think out the disagreement consciously, the variation between precept and behavior in parents has a subconscious influence that ends in social indifference or in an emotional ferment which may have serious nervous consequences during the period of adolescent instability.

Let us now take a moment to tie the threads of this psychological story. The early teens are a period of stress and strain, and the call of adventure is one phase of the young person's effort to find himself. If earlier childhood has passed without parental control and guiding fellowship, the craving for excitement seeks its gratification in ways that may end disastrously.

MUCH depends upon family life. Home must be a place presided over by a mother and father who are themselves well adjusted, happy, keenly alive human beings who realize that stagnation on their part is fatal, that only by keeping alert and growing will they be able to keep pace with and interest their children. They will not be parents who talk down to youth but who have the inestimable privilege of exchanging confidences with their growing boys and girls.

A family that establishes the habit of reading together is particularly fortunate. Books that win in competition with the movies are still available. One result of reading is that questions are asked and opportunity is thus given for companionable conferences in which suggestions may be offered about matters that trouble children. In this way guidance is achieved without the conflict which so often awakens antagonism in the youth. Ask as few questions as possible during these conferences but show an eager interest in whatever your boy or girl says. Let your advice grow naturally out of the conversation. Preaching and criticism suppress frank confidences. Remember that you are talking with a child who has a different view of life from yours. In this way you show that you are not only a parent who, at times, must refuse requests, but also that you are a friend who understands youthful points of view and sympathizes with youth's doubts and troubles. The strength and firmness of the guiding hand, however, should not be doubtful when occasion demands. Vacillation is a constituent neither of affection nor of guidance, and children need to feel at times, that sense of security that only parents of strong personality can give.

Shall We Let Our Children Fly?

(*Continued from page* 16)

learned to fly if the government had been willing to "take a chance" on their poor eyesight or other defects during the period of training. Once a man actually has learned to fly, minor defects that may develop are considered of no great consequence and the authorities "give waivers" on them. This means that a competent pilot frequently is allowed to continue in his profession (and with every assurance of safety to himself and his passengers) with physical defects that would bar him at once if he were a beginner coming up for his student's examination. Hinchcliffe, the famous British airman, lost on an attempted trans-Atlantic flight, was an outstanding example, in that he had but one eye. Yet he was looked upon as one of the best pilots in England, and held a regular job with the Imperial Airways. Other well-known air-men have managed to get along quite well minus a few fingers, an arm or even a leg. It isn't necessarily how well equipped you are, but how well you use that equipment.

AS to the age at which parents should allow their children to take up flying, there will be difference of opinion. The Department of Commerce Air Regulations are quite definite about the matter in so far as the minimum age for a licensed pilot is concerned. This is set at eighteen for transport pilots (the highest type license available) and sixteen for private and limited commercial pilots. There are similar laws, of course, in the various States regarding the age at which a boy or girl may obtain a license to drive a car. The air laws, being Federal legislation, are uniform, whereas the automobile licensing laws vary from State to State. However, the Department of Commerce regulations regarding flying, in their strictest sense, apply only to inter-State air traffic unless the various States have legislation adopting and enforcing these regulations. New York has done this, but many of the other States have not followed suit and are contemplating separate air laws of their own, which, by the very nature of the airplane—a means of long distance travel—promise to create endless confusion and multiplicity of licenses and air traffic rules.

So far as I know, there are no laws anywhere regarding the age at which children may be taken up in airplanes any more than there is a law which specifies the minimum age at which children may be taken out for an automobile drive. Nor is there any more need for it. The only necessary and sensible restrictions would seem to be those governing the safety of the plane and the ability of the pilot, and these points already have been covered. The age at which a boy or girl should first be allowed to try a hand at the controls of an airplane (in the event the family owns and flies a machine of its own) might, in general, be determined on the same basis as the business of learning to drive the family automobile. As a matter of fact, a modern airplane is easier to fly and much safer, under normal conditions, once it is in the air, than is a car on a more or less crowded road. A boy or a girl of any responsible age can quickly learn to keep a plane on an even keel and a straight course, and even in the event of mistakes that might be serious on the ground there is always room to take over and recover control. This presupposes, of course, that the plane is flying at a safe altitude and that it either has dual controls or the actual pilot is always in position to take matters out of the novice-pilot's hands if the necessity arises. The boy or girl who is allowed to fly in this manner not only gets a "great kick" out of the experience, but gradually develops confidence and skill at "air work."

Take-offs and landings are a different matter, and require very careful instruction, as well as a good deal of practice. They are the critical periods of flying because, by its very nature, the airplane must leave and return to the ground at relatively high speed and any miscalculation or error in judgment is likely to have serious consequences. But a general sense of familiarity with and confidence in a plane—the natural outcome of having been allowed to do considerable flying between landings—greatly facilitates the business of learning to land and take off again in the proper manner.

It is no safer to generalize about flying than about other things in this world, but there seems to be no valid reason for believing that a boy or girl who is old enough to drive a car under supervision is not ready to take over the controls of an airplane under similar circumstances. All of us know that many a youngster beneath the legal age for license as the operator of an automobile can put many of his elders to shame when it comes to actual ability and skill in the handling of a car. The rule applies, or will apply, equally well to the airplane, which, essentially, is easier to operate than the automobile and more responsive to that particular touch of genius in handling things mechanical, which is at its best only when we are young.

FINALLY, it should be said that flying is becoming safer all the time because better and better planes continually are being built. We still read about crashes—just as we read about terrible automobile and railroad accidents—but these occasional accidents no more warrant a blanket condemnation of the airplane than do rail and highway smash-ups justify desertion of these methods of travel. The airplane is here, and here to stay. The younger generation accepts it as a matter of course, and will not be denied the thrills and conveniences that it represents. If the older generation cannot accept it in the same spirit, they will find themselves forced to do so as a matter of sheer necessity.

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Babette diaper pads will keep your baby dainty and comfortable. Their use dispenses with the most disagreeable baby laundry. Made from thick, soft, snow-white material which is used for surgical dressings in the hospital.

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Reach for a Q-Tip instead of a makeshift. It's the clean, safe and handy way to cleanse baby's nose, ears, eyes or navel. 100 other uses. Tipped on both ends with sterilized cotton dipped in boric. No points. Safe. Packed in dust-proof boxes. 25c and 50c everywhere, or write, Dept. 21, Q-TIPS, Inc., 32 East 31st Street, New York.

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ALL Winter long the Gerber Products keep baby provided with choice Spring and Summer vegetables—specially grown—specially prepared—strained—and ready-to-serve.

And a truly inviting garden it is—for the Michigan garden products used in Gerber's Strained Vegetables are sent direct to our cannery and are thoroughly cleaned and started on the cooking process before they have time to wilt and lose their crisp, garden freshness. There's a wholesome variety provided.

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Rich in Vitamins Tested and Approved for Baby

The Gerber steam-pressure cooking, straining, and steam-sterilizing methods effect maximum conservation of the valuable mineral salts and vitamin factors lost in open vessel cooking in the home—both in solution in cooking water and through oxidation. The products have been tested and approved by leading national domestic science institutes—and by thousands of physicians. Your own doctor will gladly explain why the Gerber Products are richer in Vitamin A, Vitamin B, Vitamin C and mineral salt values than are home cooked vegetables—and he can best prescribe the feeding schedule for your own baby's special needs.

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If your grocer has not yet stocked the Gerber's Strained Vegetable Products, send us today the coupon below with $1.00 for the complete introductory assortment, or order such individual products as you wish. Postage prepaid. *In Canada, Complete Assortment Only, $1.10—Canadian Currency or Money Order.*

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Gerber Products Division, *Fremont Canning Co.*, Fremont, Mich.

$1.00 Complete Assortment — Dept. C-8 — Enclosed find money or stamps for Assortment or for Gerber Products checked.

15c Strained Vegetable Soup | 15c Strained Spinach | 15c Strained Carrots | 15c Strained Prunes | 15c Strained Peas | 15c Strained Tomato | 15c Strained Green Beans

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City _____ State _____

My Grocer is _____

Can Babies Choose Their Food?

(*Continued from page 23*)

was no uniformity in the selections made by different infants, nor in the selections made by the same infants at different times. Although we can note that some articles are more generally liked than others, we have been wholly unable to predict from day to day what any individual baby will eat, and can only note general trends such as the fact that relatively more meat is eaten during the first six months' period than in the subsequent ones and that the amount of cereals eaten is very small in the first, and increases in later periods. Sad to say, only one infant has ever eaten more than a few grams of spinach! The quantity of food eaten also varied and on very hot days all the babies have eaten much less than usual—as do also sensible adults.

THERE are times when certain of the babies seem to have an especially great appetite for certain foods and go on what is termed in our diet kitchen, meat jags, orange-juice jags, egg jags, etc. These periods may last only a few days or they may extend over a week or two. Thus Abraham, the oldest boy, had during his first six months an egg jag, during which for a period of a week or so he ate five, six or seven eggs each night for supper. Since then he has had at least one such jag in every succeeding six months' period and in one this year he ate as many as nine hard-boiled eggs at one meal. It is interesting to observe that no baby has ever had any signs of digestive disturbance during any such period.

With all this seeming capriciousness of appetite their daily calories, protein and fat and carbohydrate per kilogram of body weight run fairly constant, show definite and similar trends for all the infants, and are constantly somewhat above the commonly accepted standards for their ages.

The infants have been extraordinarily free from digestive disturbances. Constipation has never occurred and no laxative has ever been administered to any of them. Diarrhea has never occurred except with an acute infection and high fever, and then only three times in a total of twenty six-months' periods, and at no time has there been any evidence of indigestion, or abdominal discomfort.

All the babies are above the average weights for their heights and the three older ones, who have been on the experiment for the longest time, show the greatest increase above the average. Although none are fat infants, all are healthy, vigorous and active.

Summing up briefly the results of the experiment, we may say that from the standpoint of appetite and digestion, optimal results have been shown:

(1) That judged by such standards of nutrition as we have at present, the condition of the infants during and at the end of the nutritional period shows results fully equal to the best examples of other methods. No statement regarding the ultimate nutritional effects of the self-selected diet on these children is as yet warranted, but it may be mentioned that the maintenance of such excellent health as has been evident in the two oldest boys for two and one-half years and two years respectively does not suggest the likelihood of nutritional damage.

(2) That children of weaning age when left to their own choice as to articles and quantities can digest and use a large number of the ordinary common everyday foods of adult life, provided they are simply prepared and finely divided and that the eating of far greater quantities of meats than have usually been allowed infants of this age has not resulted in any discoverable disturbances of either digestion or nutrition.

Perhaps as interesting a feature of the experiment as any has been the fact that lack of appetite has never been observed among these infants. When their trays are brought they usually show their eagerness to get at them by jumping up and down in their chairs, and reaching for them before they are set down. Yet they eat without hurry and with a satisfaction that, despite rather primitive methods of conveying the food to the mouth, gives a distinct impression of a pleasurable occasion. The entire absence of any difficulty in getting babies to eat when fed in this way affords additional support to the view that anorexia, or lack of appetite, is often due, in part at least, to efforts to make the child eat, to the constant interference with the child's attempts to eat in accordance with the dictates of his own appetite and to the emotional strain consequent upon attempts to make him eat certain things in definite amounts and in prescribed order and manner.

AS we stated in the beginning, this has been an experiment carried out with precision and with an attention to details in the preparation and serving of foods that involves a waste of food materials that would be unnecessary and unwarranted in anything but a scientific experiment. It also involves sudden and complete weaning, which for our purpose makes a more severe test of the infant's ability to manage his own dietary affairs, but which cannot be regarded as the natural and therefore the best procedure.

Here is the list of foods used in the experiment as conducted in the Santa Chiara Nursery:

(1) *Meats*
(muscle cuts)
Beef, Lamb, Chicken

(2) *Glandular Organs*
Liver, Kidney, Brains, Sweetbreads

(3) *Sea Food*
Haddock

(4) *Cereals*
Whole Wheat (unprocessed)
Scotch Oatmeal
Whole Barley
Yellow Corn Meal
Rye (Rykrisp)

(5) *Bone Products*
Bone Marrow (Beef and Veal)
Bone Jelly (soluble bone substances)

(6) *Eggs*

(7) *Milks*
Grade A Raw Milk
Grade A Raw Whole Lactic Milk

(8) *Fruits*
Apples, Oranges
Bananas, Tomatoes
Peaches or Pineapple

A common-sense modification in which the essential principles have been retained, stripped of all the cumbersome detail and waste involved in the serving of fifteen to seventeen things at a meal, has been tried out in a number of homes with good results.

No attempt is made to serve more than a few of the articles at any one meal nor to serve them in exact rotation, and the simple mixed dishes, such as custard, bread, butter, etc., usually given to children are not excluded, nor are the foods as a rule specially cooked. The vegetables served are those that the family are to have that day, the meats—lamb, chicken and beef—are given when the family have them, with occasional special serving of liver, kidneys, sweetbreads and brains, if, as in many families, they are not eaten by the adult members. Things that the baby does not like are not offered except occasionally to find out whether his taste has changed. Three or four things are served at a meal, all put before him at one time and eaten as he chooses and in the amounts he wishes, with no urging, comment, or suggestion from the mother or nurse. Needless to say, these children of seven months to three years of age do not eat at the table with their parents, but at their own small table on which there is nothing that they may not have.

In an article of this kind only an outline of the experiment and its results has been possible and no attempt has been made to include the data regarding the food eaten, or to consider the possible reasons why the babies eat as they do or how their performance accords with present dietary standards. Perhaps the most important result of the experiment as yet is that it furnishes a new method for the study of one of the most important and interesting problems of nutrition.

How to Guard Against Colds and "Flu"

(*Continued from page 26*)

Those who have contracted colds should separate themselves as much as possible from other members of the family. They should use only their own towels and wash their hands frequently. Their eating utensils should be washed separately in boiling water.

It is foolhardy to neglect even a slight cold. If it is accompanied by a chill or fever, the patient should go to bed and the doctor be called. Even though fever is not present, a day's rest in bed, light diet and plenty of fruit juice and water is sensible treatment for a cold. A laxative taken at the onset of a cold may prevent more serious developments. If a baby contracts a cold, he should be taken immediately to the doctor.

I dwell to this degree upon the prevention and treatment of colds because such measures constitute the only method of preventing influenza which medical science today can offer.

Home measures should be used only as a precautionary procedure against the possible development of influenza. Once the disease is suspected, a physician should be called, for this malady is serious and baffling. The medical profession knows little about its nature and cause.

INFLUENZA is still a mystery. Its symptoms vary considerably and the mortality varies in different outbreaks. Severe and very mild cases are met side by side. Mild cases cannot be distinguished from ordinary simple colds.

The germ of the disease is unknown. The so-called influenza bacillus may or may not be present and, even if it is present, there is as yet no evidence that it is the essential cause of the disease. Guided by experience in other similar infections, we have every reason to believe that the germ is present in the secretions of the nose and throat and that measures to prevent the interchange or spread of secretions should be taken.

During the epidemic of 1918 a number of communities enforced the wearing of face masks made of gauze. Subsequent statistical analyses did not demonstrate that the wearing of such masks had any influence whatever in altering the spread of the disease.

No one knows why at times influenza takes on epidemic and pandemic characters. We have reason to believe that the virus does not completely die out between such epidemics. But, as we have no way of identifying the germ, we are in the dark as to where the virus is kept alive in inter-epidemic periods.

ONE thing is important. Experience has shown that, when influenza is present and a patient becomes ill despite all preventive measures, the outlook for the patient's recovery is distinctly improved if he is promptly put to bed and a doctor is called. The patients who insist on fighting the disease off usually suffer the most serious consequences.

That influenza during the winter months is more prevalent than the general public realizes is borne out by the results of a survey made in Detroit by the United States Public Health Service with the co-operation of the Detroit Department of Health. The survey consisted of a house-to-house canvass covering the incidence of colds, pneumonia and influenza among the population. It showed that a very insignificant percentage of the actual number of cases of influenza were reported to the health authorities and that only 52 per cent of influenza patients were attended by physicians.

It is high time that the general public realize the danger of influenza with its possible aftermath of heart disease, rheumatism, kidney trouble, tuberculosis and other chronic disorders. Equally is it high time that the public take such preventive steps as are offered. Medical science is seeking further knowledge of the disease. For the present, I can only repeat: Guard your children from common colds, treat colds promptly, and so lessen the chances of an epidemic of influenza.

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Books for Boys and Girls

By ALICE DALGLIESH

Teacher of Story Telling for Children, Teachers College, Columbia University

NOTHING can be more appropriate for the first item in this department at the beginning of the new year than

THE POOH CALENDAR, by A. A. Milne and E. H. Shepard. *Dutton.* $2.00.

Children who love Pooh, Christopher Robin, Rabbit and the others will enjoy going through the year with them. Pictures and quotations from the Pooh books are appropriate to each month. (Age 6-9.)

THE CHRISTOPHER ROBIN STORY BOOK, by A. A. Milne. *Dutton.* $2.00.

This seems to go with the calendar. A. A. Milne has made his own selection of "best" stories and poems from his four books and has written an introduction for this new book. Of course we think that children should have *all* the Milne books. (Age 5-8.)

We have reviewed so many picture - story books that we can hardly believe there are several still waiting to be reviewed — but here they are:—

THE REAL PICTURE BOOK. *Rand McNally.* $2.50.

Large gay pictures collected from four or five Rand McNally picture books. Somewhat miscellaneous and really intended to advertise the books —but a good picture book on the whole. (Age 4-6.)

Illustration from "Hitty, Her First Hundred Years," by Rachel Field. Illustrated by Dorothy Lathrop. Published by Macmillan

THE KING'S CHRISTMAS PUDDING, by Grace Gilkinson. *Coward, McCann.* $1.75.

A slight, but amusing picture story about a king who was bored with everything until a little black kitten hid herself in the Christmas pudding. (Age 6-8.)

THE FUNNY THING, by Wanda Gag. *Coward, McCann.* $1.50.

Another picture book by the author of the very popular "Millions of Cats." This deals with an old man and a strange prehistoric creature. It is funny but not nearly as amusing as "Millions of Cats." (Age 6-8.)

ROSEEN, by Anne Casserly. *Harpers.* $1.50.

Anne Casserly's Irish fairy tales have great charm, and her pictures do much to make her books thoroughly satisfactory. Roseen is a little black pig who has quaintly humorous adventures with fairies, animals and human beings. Good for reading aloud. (Age 6-8.)

KIT AND KAT, by Lucy Fitch Perkins. *Houghton, Mifflin.* $1.75.

Further adventures of the famous Dutch Twins. This book is written in simple style for children just beginning to read. (Age 6-8.)

HITTY, HER FIRST HUNDRED YEARS, by Rachel Field. *Macmillan.* $2.50.

Everyone agrees that this is one of the very best books of the year as well as being one of the most attractive. Hitty is a wooden doll who starts her adventures in New England, but travels all over the world. A fine book for a family to read aloud for it is not only a good doll story, but an adventure story and it gives an excellent picture of the period in which Hitty lives. The pictures are delightful. (Age 10 and over.)

Geography and History

There seem to be a good many books which deal especially with geography in general or with life in some specific country. There are several attractive maps made especially for children and among them are:

MAP OF THE EASTERN UNITED STATES, designed by Griswold Tyng. *Harpers.* $2.50.

A most interesting and attractive map picturing outstanding geographical and historical features of the eastern states. (Age 10 and over.)

MAP OF CHILDREN EVERYWHERE, designed by Ruth Hambidge. *John Day.* $2.50.

A less serious, but colorful and interesting map showing the children of other countries at work and play. More ornamental than accurate. (Age 8-10.)

CHILD'S GEOGRAPHY OF THE WORLD, by V. M. Hillyer. *Century.* $3.50.

While this book is inclined to be somewhat flippant it does give an interesting bird's-eye view of the world and it is most readable, which is more than one can say for most geographies.

The chapter headings are ingenious: "Castles in Spain," "Land Flowing with Milk and Honey," and so on.

A VOYAGE TO TREASURE LAND, by Anna Curtis Chandler. *Harpers.* $2.50.
Miss Chandler introduces thousands of New York children to the treasures of the Metropolitan Museum of Art through her story-telling. Into the stories in this book she has woven the arts and crafts of various periods and countries. (Age 10 and over.)

Good Books for Older Girls

ALANNA, by Helen Coale Crewe. *Harpers.* $2.00.
A well-told story of an Irish girl who leaves her home in Ireland to come to America. (Age 10-14.)

CARMELLA COMMANDS, by Walter S. Ball. *Harpers.* $2.00.
The Harper prize novel dealing with the problems of Americanization. Realistic, slangy, very much in the language of the East Side, New York, but interesting. (Age 12-16.)

Miscellaneous

A CHILD'S THOUGHT OF GOD, compiled by Thomas Curtis Clark and Esther A. Gillespie. *Minton Balch.* $1.50.
A good anthology of religious poems for children, including prayers, graces, Christmas carols and other poems. On the whole the selection is discriminating, but a few rather sentimental poems are included. (Age 5-9.)

THE GOLDSMITH OF FLORENCE (A Book of Great Craftsmen), by Katharine Gibson. *Macmillan.* $5.00.
One of the fine books of the year. The story of early arts and crafts is told in a clear, interesting way with many illustrations. The book is attractive and dignified in form. (Age 10 and over.)

Everyday Problems and How Parents Meet Them

(*Continued from page* 30)

little change in the breakfast menu. In this way I feel that he has gained habits of planning for the day to come, of independently and quietly dressing himself each day, and of starting the day cheerfully and happily.—*Mrs. E. T. B., Georgia.*

MY LITTLE GIRL OF SEVEN VERY MUCH DISLIKED BEING CORRECTED BEFORE OTHERS AND YET IMMEDIATE CORRECTION IS SOMETIMES NECESSARY.

HOW IT WAS HANDLED: I found that if I called her aside and whispered or spoke to her in an undertone I could call her attention to her wrong conduct without embarrassing or humiliating her before onlookers and she was much more willing to do what was asked of her.—*L. S. C., New Jersey.*

Here's to the good old READING *Lamp..*

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OLIVE BEAUPRÉ MILLER, the editor and compiler of *My* BOOKHOUSE, is a firm believer in the value of reading stories out loud in the home—children reading among themselves, or to their parents, or parents reading to the children. She has written a very interesting article on this subject, and everyone who has read it has wanted a copy.

A great many other mothers and fathers have asked for copies of this article—and so we have had it reprinted as a small folder to send free to anyone wishing one.

We believe that the custom of reading stories aloud in the home is one of inestimable value—in forging closer the family ties, in providing real joy and entertainment for both parents and children. And of course, for its value in the training of children through a careful selection of the stories that are read, and the characters to whom they are thus introduced.

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Books for Parents

On Being a Father, by K. M. and E. M. Walker. Illustrated by Violet M. Guy. *Norton.* $2.00.

Under cover of a camouflage of humorous drawings, offhand style, and vacation-novel format, the authors have packed away a deal of information that ought to be very useful for fathers.

Some of the subjects that they ought to know about, but usually don't, are: Fertilization (with an excellent discussion of chromosomes, which no father should be without); Heredity (and some of the things that it and Environment are always quarreling about); Sterility (and whose fault it is, anyway); Birth Control (and how); Pregnancy; Childbirth; Fear; Early Training; and, under several different chapter headings, how a father should behave under various forms and degrees of provocation.

Now much of this, if not all of it, has been said before and said well. The noteworthy thing about this book is that here for the first time it is being said, not for mothers, and for doctors, and for welfare workers, and such-like folk, but for ordinary everyday fathers. If the rather unusual setting in which this useful information is conveyed succeeds in overcoming the resistance of fathers to being done good to, the authors are to be congratulated. *Reviewed by Frank Howard Richardson, M.D., F.A.C.P.*

The Belgian Cook-Book, edited by Mrs. Brian Luck. *Dutton.*

Brussels, "The Little Paris," is as famous for its cookery as Paris itself and this booklet collected from refugee Belgian housewives in England has the "mouth watering" qualities that one would expect. It is, however, for the seasoned housekeeper who wants suggestion and inspiration rather than for the novice, as the directions are a bit sketchy and the materials called for sometimes strange and unavailable. It is both good reading and good eating, however. For instance, how delightful, gay and sensible to be told that "The good cook must learn about food what every sensible woman learns about love—how best to utilize the cold remains." On the other hand, how aggravating to be told casually to stew prunes in half a bottle of red wine—Prunes! Fancy!

To do the book justice there are simple and practical recipes for inexpensive, savory meat dishes; particularly using veal as only the Europeans do, and that doesn't mean only an expensive veal cutlet for the frying pan. Salads are handled so that they are savories and lettuce is dressed so that it becomes not a garnish nor a vitamin carrier but a delicious mouthful. Eggs are sauced until they are entrees, not merely "ham and," and so on. If it did nothing but remind the American housekeeper of the existence of that delightful herb chervil and that onions may be also leeks or chives or garlic, it would be worth the tiny place it takes on the kitchen library shelf.—*Reviewed by Anne Pierce.*

Downfall, by Harold C. Brecht. *Harpers.* $2.50.

This is the story of a boy, Malcolm Campbell, who lost faith in his father when he punished him unjustly, and in self-protection erected barriers of pride and resistance to all authority. Finding, however, that resistance spelled defeat, he learned the technique of "kidding people along," of seeming to obey while he really did as he pleased. So well did this plan work for a time that he was astonishingly successful both at school and at home. At the height of his dizzy triumphs, however, came the toboggan slide toward failure and despair.

What the boy thinks of himself, of his parents, his relation to his fellows, his dreams about girls, his cheating in school, his building up a myth about himself to justify his unfair dealings, all these carefully worked-out phases of the story commend it to psychologists, educators and parents. Fathers and mothers will also be interested in the relationship between Malcolm and his parents, in their well-meant but blundering efforts to force him into the groove they had set for him. Appalling, indeed, is their ignorance of the problems of youth rebelling against the restrictions of adult life and groping toward the discoveries of adolescence.

Mr. Brecht, who has been teaching in the Boys' Central High School of Philadelphia since 1920, has told Malcolm's story with fidelity to the lad and his environment. If some incidents seem to show him worse than your boy or mine, the fact that the author is a careful and intelligent observer of school life and boy problems gives the book in general undeniable authority.

Skippy and Other Humor, by Percy L. Crosby. *Greenberg.* $2.50.

Everybody who knows Skippy loves him and has chuckled over his antics. He is a character unique in American humor. In this new Skippy book his latest adventures are portrayed in Crosby's inimitable pictures which will be enjoyed by every member of the family.

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The Business of Being a Mother

(*Continued from page 20*)

There is no possession that is at the same time both so intimate and so objective. The very working with the earth brings relaxation for the soul as well as for the body. Perhaps it is the coolness, or the texture, or the odor of the earth; perhaps the secret lies in participation in creative work. At any rate, there is nothing which is more conducive to mental health as well as to physical, than gardening.

Akin to gardening is the vacation that comes through amateur botany or bird-study or perhaps an interest in such handiwork as patchwork or the making of hooked rugs. Perhaps it is the vacation value of "collecting" that lends zest to the pursuit of antiques. A hobby need not be expensive to provide a means for riding away to vacation.

ONE reason that mothers frequently fall into a rut or suffer from depression is that they are too closely confined by the care of their children. A mother finds her greatest satisfaction, of course, in being with them, yet, since she is not only a mother, but a human being as well, she needs adult companionship. Companionship means not only attendance at Parent-Teacher Meetings or going to church, but also actual visiting, the meeting of personalities that satisfy her own personal needs, a going out in spirit to join another individuality. This vacation from herself the mother should have.

For many persons the most complete release comes through religious faith. This is a matter of individual interest, of individual training and experience. But it is unquestionably true that a sincere religious faith fosters a quiet gladness of spirit. It is just as foolish to begin the day without a moment's pause to worship, to meditate, or to contemplate, as it is to begin the day without eating breakfast. The mother who has a religious faith is fortunate because her meditation or worship will put her in touch with the wonder and majesty of the Deity. Those who lack such faith may find that they can approach something of its inspiration by contemplating the beauty of the morning, for every morning does have its peculiar beauty. Watch the smoke as it wreaths away from the chimney top; notice the shadows cast by the morning sun; open your eyes and look at your world as though this morning were your first opportunity to see it.

If we frankly acknowledge that mental health may be preserved by care and by recognition of the obstacles which would tend to interfere with wholesome mindedness, then we must endeavor to provide for ourselves some joyous expression or avenue which will enable us to detach ourselves from the strain of everyday life and will thereby restore to us the poise we need. In the last analysis, mental health is a matter of being able to extract interest and happiness from the situation in which one finds oneself.

Noteworthy Books for Parents

NEWER WAYS WITH CHILDREN

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Dr. O'Shea, Advisory Editor of *Parents' Magazine* and one of the leading educators in America, covers here the whole field of child education and training. Every problem is introduced with actual cases. There is no abstract discussion. The book is a veritable mine of practical information for parents. **$3.50.**

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NOTEWORTHY BOOKS FOR PARENTS—Page 47

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Family Fun

Things for Parents and Children to Do Together

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DO YOU HAVE A STORY-TELLING OR A STORY-READING HOUR IN YOUR FAMILY? There is something intimate and happy about a family group gathered about in a circle, perhaps about an open fire, to hear stories; and out of such a custom comes something of literary value which is never lost. As the children grow older, the childish nursery rhymes and stories are gradually replaced by such stand-bys as Robinson Crusoe, Alice in Wonderland, Treasure Island, Heidi, and so on to suit the tastes of both boys and girls. To have this family group hour a happy one, it must be informal and harmonious and never a time for discipline or family adjustments. Much of the suggestion as to what to read may come from the children. In one family I know the children also dramatize stories and present a "play" each week. That costumes are fearfully and wonderfully made only adds to the interest.—*Mrs. A. B., New York.*

WHY NOT START A FAMILY NEWSPAPER WITH THE BEGINNING OF THE NEW YEAR? A family I know publishes one weekly. It helps to keep absent members of the family in touch and copies of each edition may be sent to a few relatives. The twelve-year-old daughter edits the particular paper I have in mind. Besides recording in humorous fashion the events of the week, she writes short stories and original jokes for her columns. The son, a college freshman, sends clever "want ads" and snapshots for various issues. News from another community and occasionally funny jingles are contributed by the school-teacher sister. The parents form a board of directors, ready with suggestions to fill that extra inch of space. The young editor often calls upon them to read proof before she types the issue. The beginning of the year is a good time for other families to adopt this original idea.—*Mrs. W. E. C., Fall City, Wash.*

A WHOLE FAMILY CAN HAVE A GOOD TIME WITH MODELING CLAY. Buy it, preferably, in five-pound cans, give everyone a generous amount and then suggest that each one model a portrait bust of Father or Mother or even the family dog or cat, with a prize for the best one and the funniest one. Prizes should be simple—a piece of candy, an apple, a new pencil, perhaps. The pieces may be arranged on a special shelf in the playroom. It will be interesting for the sculptors both young and old to watch their progress.

There are lots of things to do with clay. When very young children get a lump of it, they immediately plunge in, with a great sense of activity, and roll it. Sometimes they make long snake-like pieces and sometimes little balls. The snake-like pieces are the primitive beginnings of pottery among Indians and primitive peoples, and the children may make pottery of their long, meaningless rolls in the same way. They may simply roll them once again, after forming a flat piece for the bottom, and "build up" little vessels, bowls, cups, and simple forms. The older children "build up" more interesting forms, less primitive and simple, which may be painted with plain water color, as well as tempora for a better coat. This can be bought from art stores. The little balls rolled in the palm of the hand, which children enjoy doing endlessly almost, may be pierced with a thin stick—a meat skewer would do—allowed to dry, and painted and strung. The boys will find airplanes, engines, and distinctly boyish subjects to model as they grow older; and if objects along these lines are suggested, they will not lose interest.

Books on pottery, ceramics, and modeling, some of which are probably obtainable at your public library, give much more detailed information as to the forms and objects which may be made. There are borders, friezes, plaques and all sorts of flower, bird and animal designs which children and parents as well will enjoy molding. Detailed information may also be obtained in your public library or at an art store on colors, paints and shellac to be applied to clay work to preserve it.—*Mrs. A. B., New York.*

OUR COOK DOESN'T LIKE PEAS—Grown-ups and children together can have a jolly time playing this game. All the players sit in a row except one, who sits in front of them and says to each in turn, "Our cook doesn't like peas; what would you give her instead?" The person addressed must answer with some word that does not contain the letter "P." In this lies the catch! If he fails to answer at the count of five, he must pay a forfeit. This trick is difficult, for words with a "P" in them are bound to slip out.—*P. R. A. A., New York.*

A Way Out of Punishment

(*Continued from page* 24)

All human beings are apt to choose the easiest way of doing a thing. At first glance training seems far more difficult than punishment. At first it seems easier to a parent to slap a child for a misdeed than to help him understand why it is a misdeed and must not be repeated. The parent who trains his child to control his temper has to work faithfully and long, while the parent who punishes readily, and unthinkingly, does not realize that he is behaving in much the same way as his child, and is not arriving at any worth-while solution of an important problem.

The reason why punishment, in the usual sense of the word, does not improve the child is because it creates an emotional disturbance that has little to do with the fault involved. Take an instance where a child of five has been teasing a playmate of three, and his mother wants to teach him to stop it. She seizes him angrily and spanks him, saying, "You naughty, naughty boy!"

This type of punishment does positive harm because his mother's attitude is vindictive and because she humiliates him. A natural result of such treatment is to make the child dislike his mother.

CONTRAST another method, which would give the child a real experience to guide him at another time—and in which the element of punishment is unrecognizable.

Without any show of anger the mother says firmly to the child:

"Go and sit on that chair in the next room until you can be the kind of a boy we enjoy having with us." The room is close by and the chair is in full view. The child goes, without any assistance, to the chair, and sits there. He handles a simple toy given him to make his lesson bearable. He knows that he cannot get down, that he is sent there to *feel isolation*. He senses that his unpleasant conduct made him unwanted. He stays until his mother is convinced that he is in a better frame of mind.

It is the parent who keeps busy at training who has little time or thought for punishment. But there is no royal road to character. It must be built up, step by step, but the chances are that our children may live with us twenty-five years. Isn't the job worth doing well?

Dawn Till Seven

What is the pay for this harried day,
Bumps kissed and hands washed of their sands,
Mud on the floor, black scrolls on the door,
Crumbs in the plush, shrubs broken for wands?

Why this: the lost keys of doors closed to me
Twenty years; the wearing, the ripping asunder
Of wrappings of rust and ribbons of dust,
The finding again of the white core of wonder.

—*Helen Searcy Pulse*

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Yehudi Menuhin

(*Continued from page* 17)

day. He refused a fabulous sum offered his son for a short concert tour.

"Why did you refuse it?" I asked.

"Because Yehudi is still a child," he explained, "and he might come to feel that he is developing his art for money instead of for its beauty and joy. Neither his mother nor I will allow him to subordinate his love of his art for glory. That is why we have so carefully shielded him from any realization of his success. Why, when we were in Europe two years ago Mussolini sent for him to play. We refused. He was invited to play before King Albert of Belgium. We declined. In Paris they wanted him to serve on the Lindbergh reception committee. We would not permit it. At eleven he must not know of his prestige and success. It would interfere with his higher ambitions. Yehudi has spent most of this year in Europe, studying with the great German violinist, Adolf Busch, in Basel. His concert engagements there were limited, more than a hundred offers were declined. Now that he has returned to America he will be heard this month in New York, but there again his mother and I will see that he is not over-taxed or made self-conscious.

"Mrs. Menuhin and I have guided our children with only one thought—to develop their interest in the arts, in the cultural, the beautiful side of life. We believe that all parents should cultivate in their children an appreciation of all that is good and beautiful, encourage them to study music and art and literature by giving them some realization of the beauty and joy they can get from such participation in the cultural side of life. Teach them that life is multi-colored; that the material things you gain can be taken away from you, but the artistic, the beautiful things you have found in life are with you always."

By putting their theories into practice, the Menuhin parents have inspired their children with an amazing outlook on life that is rare and interesting.

"Yehudi had played an exceedingly difficult program in an eastern city on our last tour," his father told me. "The audience went wild. There were cries for encores. Yehudi gave them plenty. But the crowd would not let him stop. It was one of the greatest ovations he has ever received. All the way to the hotel in the cab Yehudi wore an expression of intense disappointment on his face. He was thinking and we did not speak. When we reached the hotel he complained of not having given two or three notes in one selection the proper expression. We tried to comfort him by saying that it was not quite as bad as he thought. 'But it's not fair to the composer,' he said. 'If I'm going to interpret his work I must do it right.'"

"Is Yehudi ever quite satisfied with his work?" I asked.

"Sometimes," his father admitted. "On one of his engagements in New York he was billed to give a recital with the New York Symphony. Walter Damrosch called to confer with him about the program. Yehudi wanted to play the Beethoven concerto. Mr. Damrosch was against it. Yehudi insisted on Beethoven.

"But you know it's one of the most difficult violin selections ever composed," Mr. Damrosch protested. "Every music critic in New York will be there. One weak note and that will be criticized above anything else you may do. You may ruin your career."

"'But I don't care about careers,' Yehudi answered. 'I just love the fun of playing Beethoven's concerto with the symphony orchestra accompanying me instead of a piano.'

"'Have it your own way,' Damrosch finally said.

"The night of the recital came. If I say it myself, Yehudi played the difficult concerto flawlessly. The great hall fairly shook with applause. When it was all over, Frank Damrosch, Walter's grand old brother, eighty years old, came rushing up to me. He said he never had heard such a success before. He recalled the great artists he had heard render this classic. One of them, he said, had played it eighty-five per cent correctly, another had played it ninety-one per cent perfectly.

"'Your boy has played it one hundred per cent perfectly and I'm glad to have lived this long to hear Beethoven's concerto played so correctly and so beautifully', he told me.

"When the crowd finally had dispersed, Yehudi came running up to us. His face was radiant. 'Didn't I tell you Beethoven's concerto was beautiful when you had a symphony behind you instead of only a piano?' he shouted."

WHEN Yehudi was two years of age he begged for a toy violin and was given one. He took it and drew his bow across the strings. Then he threw it on the floor in disgust. He realized that he couldn't get anything out of the toy. "We invested in a real instrument," said his father. "He played something by ear. When he was five we began to give him lessons and the only thing he reproaches us for is not having started him off at four."

"There's one question I have heard asked again and again," I interrupted. "To what do you attribute the great depth of feeling that Yehudi brings out of his music when he has only lived thirteen years and has not experienced the deep emotions of life?"

"I believe it is racial," the father said. "I believe it comes down through generations of Jewish forbears. Instinctively he feels and expresses the deep emotions of his people."

"What does Yehudi say about his future?" I asked.

"Nothing," his father answered. "He is living in the present. But when he gets a little older he can decide about his life for himself. If he wants to be a doctor or a lawyer or anything else we are willing. But I feel he will be true to his violin."

Things *for* Children to *Do and* to *Make*

Edited by the Playground and Recreation Association of America

YOUNG GARDENERS NEED NOT BE DENIED THE FUN OF WATCHING GREEN THINGS GROW IN THE WINTER TIME. Very attractive and interesting gardens on a small scale may be built in a shallow bowl, or a tin baking pan, either round or square. Building the tiny landscapes challenges the ingenuity of grown-ups as well as children and is a fascinating occupation for convalescents of all ages.

The tin pan is painted black with a ten-cent can of flat black paint. This makes it look better and prevents rust. Punch or drill in the bottom small holes for drainage, otherwise excess water is apt to sour and kill the roots. Gardens will live, however, without drainage holes if watering is done judiciously.

On the bottom of the container scatter a layer of loose pebbles and small stones. This improves the drainage and gives the roots something to cling around. On top of this, put earth from which you have removed all hard lumps, sticks and stones. Fill nearly to the level of the container and you are ready to build your garden.

The landscape may contain merely rocks, ferns, a pool and flowers, or it may have houses, bridges and people also. For the latter, a Japanese scene is often the choice. Little figures, pagodas and bridges may be obtained at a Japanese store. For an American farm scene, stone walls may be built from tiny pebbles cemented in place.

Moss and small ferns cost very little and may be bought from a florist or greenhouse if it is not possible to get them in the woods. Cactus plants are well adapted to the indoors, as they will stand a great deal of heat and require very little watering or attention. The dwarf cacti grow in many varieties, both beautiful and grotesque.

The following small flowering plants may be bought or grown from seed: dwarf alyssum, violets, forget-me-nots, lily of the valley, money vine, Chinese primrose, nepeta vine and Kenilworth ivy. Bird seed, grass seed, parsley seed and carrot seed produce pleasing green.

Sprigs of evergreen trees, boxwood and other shrubs will remain alive and fresh-looking for quite a while if they are stuck into the soil to serve as trees. In addition to bulb plants, the garden may include horseradish root, which sprouts in a most interesting tropical fashion. The root is cut in the shape desired, then made firm on a bed of pebbles and bulb fiber, and the dish filled with water enough to reach the root.

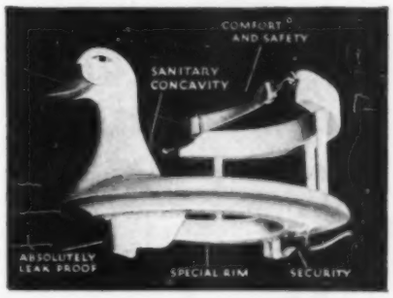
To make a pond, sink a small dish or pan into the earth and cover the inside of it with a thin layer of white or blue-green cement. While the cement is damp, stick into it small pebbles to represent rocks on the bottom. The sides and edge are covered with cement and pebbles and larger flat stones. The soil on these loose stones should be planted with grass seed, ferns or moss so that the line at which the pan and the earth join is completely hidden. The colored cement, when partly hidden with plants, will pass for water, or real water may be put in, with a small boat, bridge and water plants, according to the size of the garden and pool.

Sansevieria and cactus flank a tiny bridge guarded by two storks in this miniature garden

Miniature mountains and boulders are nothing more than coal clinkers, cemented together, tinted all the colors of the Grand Canyon by means of oil paints. The clinkers are porous and absorb most of the color, so that the final effect is subdued and natural looking. Small tubes of oil paints with a one-inch paint brush and some turpentine are all the materials needed. The suggested colors are Chinese red, cerulean blue, chrome yellow medium and black. Paint the shadowed places dark and the exposed heights bright blue or yellow. Some of the depressions may be filled with earth and seed planted in them.—*Board of Recreation, East Orange, N.J.*

Available contributions to this department will be paid for on publication. Address Managing Editor, THE PARENTS' MAGAZINE, *255 Fourth Ave., New York, N. Y.*

SPECIALISTS RECOMMEND IT



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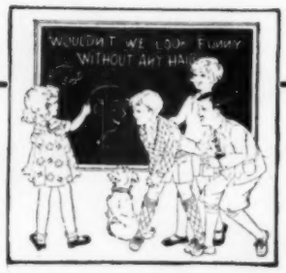

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The Care of Children's Hair

(Continued from page 21)

unevenly. An even cut all around adds to the weight and again militates against the desired curls. After each shampoo, set the hair in waves, firmly, with the fingers, or if it is obstinate, with combs. Then let it dry slowly and thoroughly, in the sun if possible. And do not be in too much of a hurry to comb it out afterwards. If it is even slightly damp, the wave will comb out only too readily. Try to set the waves in approximately the same places each time, to establish a habit of curling. A famous coiffeur assures me that, by training, seventy-five per cent of straight-haired heads become curly. He demonstrates the truth of his statement on his own two sons, who, although they inherited straight locks from both parents, are now seeking tonics to take the curl out of their hair!

Hot curling-irons should never be applied to children's hair. They make a tight, ugly curl; they frequently burn the hair so that it breaks off afterward, and their regular use, even by a careful operator, is definitely injurious. Permanent waves for children are not to be recommended.

THERE is great diversity of opinion as to how frequently children's hair should be washed. It appears desirable, in this as in other respects, to err on the side of cleanliness. There is a popular belief that if the hair is shampooed frequently the natural oil in the ducts around the hair follicles will dry and the hair fall out. This objection may be met, however, by applying liquid vaseline or hot oil the night before a shampoo. It should be rubbed well into the scalp and allowed to dry in so that some of it remains to supplement the natural oil even after washing.

The hair of very young babies should not be immersed in the daily bath, as it is too delicate to thrive under constant wetting. Once or twice a week is sufficient, especially if it is dampened several times a day in order to curl it.

Older children who run about, however, who perspire freely, whose hair is a catch-all for the dust and impurities of the streets, should be shampooed every ten days to two weeks in winter and once a week or oftener in summer. In fact, a specialist, on one occasion, told me to wash my son's head every other day to prevent falling hair, and when I expressed my astonishment, he said, "You wash your face every day, don't you? Your scalp is no different from your face; why permit it to be dirty? Nothing makes hair come out as quickly as dirt. Cleanliness is the best preventive of falling hair." I took his advice, with good results.

The water used in shampooing should be lukewarm, the soap of unquestionable purity. Several rinsings should be given to make sure that no soap remains on the scalp. Dried soap produces a white flake like dandruff, which is not only unsightly, but itchy and uncomfortable. The scalp should be gently massaged with the finger-tips after washing, thumbs pointed toward the back, fingers rotating and lifting the scalp. Hard rubbing is undesirable; it frequently irritates a tender skin and is no more effectual in stimulating circulation than the milder treatment.

The general condition of health is reflected in the condition of the hair. If it comes out or is persistently dry and brittle and unresponsive to the oil treatments already suggested and to regular daily brushing (which also encourages secretion of oil), the child should be examined by a physician. He may be run down and anemic or there may be digestive maladjustments which affect his entire system. If the hair is too oily, on the other hand, it is an indication that the glands around the follicles are relaxed and releasing too much oil. A tonic containing a large percentage of alcohol may remedy this, unless it is the result of a nervous condition, which must be treated before the hair can become normal.

In deciding upon the style of coiffure for a child, two factors are to be taken into consideration: the texture of the hair and the shape of the face and head. The fashion of the moment may be a subsidiary but not a deciding element.

For waving hair there are many styles. If long curls are decided upon, be prepared to devote a goodly amount of time each day to brushing and curling them. They may be picturesque, quaint, childish, what-not, but they are a nuisance. For that practical reason, as well as on esthetic grounds, it has been found desirable in most cases to bob.

THE "wind-blown bob" is most popular at present. This cuts the hair irregularly all around the face, bringing curls forward into the face with a studied carelessless that is very attractive. Or the hair may be parted on the side and combed toward the back over the ears in natural waves or else brought down straight over the ears. Or it may be parted in the middle and allowed to wave softly on each side, being left a little longer in that case. Hair-ribbons, barrettes and pins are all being discarded; the barber is expected to do his work in such a way as to dispense with these accessories.

For straight hair, the Buster Brown cut, which was the first bob, is still in use. The boyish bob, too, is popular with the girls from eight to twelve, who cling to their prerogative of being tomboys if they wish to and of dressing the part. Bangs go well with straight hair, but are not seen much on American children. When they are used, the hair in the bang should be sufficiently thinned to avoid an unsightly bump on the forehead or a heavy mass rising erect in the breeze when the child runs.

Be the hair straight or curly, the natural line of growth should be followed in cutting and arranging it. The soft tendrils at the back of the neck are an asset, not a liability. They should never

be removed with clippers. Small sharp scissors should be used for such trimming as is necessary.

This applies to boys as well as girls. Too often one sees the neck clipped or shaven to bring the line of hair to a tapering point, instead of round or square, as it naturally grows. Or it is cut with clippers half way up the head, bowl-fashion, an ugly and universally unbecoming style. When the hair which grows down in front of the ears remains too long, it gives the boy a mutton-chop effect like a gigolo; when it is chopped off unnaturally high, it is equally disfiguring. About the middle of the ear is apt to be a good stopping-point.

And while we are on the subject of boys, a digression is in order. Many of them like to use the preparations on the market to make the hair lie flat and glossy, "patent-leather." Discrimination must be exercised, as some of these preparations are actually harmful. The hair grows sticky and matted with the use even of the better ones, and the scalp is overlaid with a thick, ugly coating. Under these conditions the hair should be shampooed at least every other day if it is to remain healthy.

AS to adapting the girl's coiffure to the shape of her face, the rules are simple. A round, full face calls for longish hair, brushed back from the forehead and cut close to the head over the ears, accentuating length. It should be brought around to frame the face, but without emphasis on the horizontal line. Bangs should never be used for this type of countenance nor should the hair be parted in the middle, since this also has a broadening effect. And, conversely, the girl with a long, narrow face should wear her hair very full over the ears and part it, bringing it well down on the forehead in combing it. The forehead should be studied and the hair should be arranged to display it if it is well shaped, while it may be mercifully hidden by a lock of hair if it happens to be either bulging or receding.

Sun and air are good for the hair, and the hatless style is to be encouraged. Even if the hair is apparently dry and lifeless after a summer in the sun, it soon returns to a healthy state, with the added beauty of new color tones.

Too frequent wetting in salt water or cold showers is harmful, leading to falling hair.

Tight hats, which interfere with circulation, are to be discouraged.

Artificial coloring with peroxide, henna or any so-called harmless preparations is neither beneficial to the hair nor convincing to the beholder.

Tonics, shampoos, beautifiers, dandruff cures, as advertised, should not be used without expert advice.

Heads of hair differ as do individuals. But, as simplicity and childhood are synonymous, so observance of the simple rules of hygiene and cleanliness and the selection of a coiffure that is becoming without being obtrusive, may be given as the essentials in caring for children's hair.

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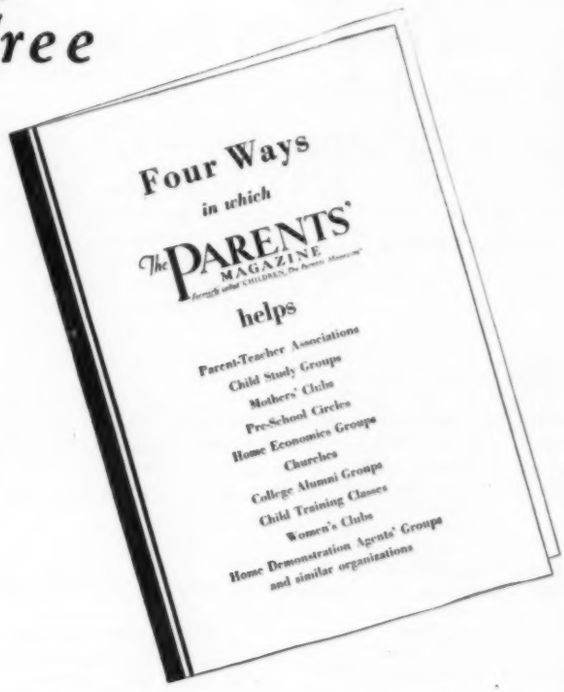

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Furnishing the Whole-Family House

(Continued from page 25)

of fires which originate in oil mops ignited by burning matches or by flame from a stove.

The telephone is the bane of the busy housewife's existence, for leaving the kitchen at a critical moment often results in a minor tragedy. But now the telephone company has provided portable phones which can be plugged in wherever there is an outlet (like the electric light floor plugs) and the phone can be carried into the kitchen.

Children love kitchens and should be allowed to share in them some of the actual work of home-making. The mother with a small child will find that a small table and chair in a safe corner will keep the child contentedly in her sight while she goes about her own duties. Many apartment houses now have a breakfast nook built into one end of the kitchen. This is an invaluable step-saver as breakfast and the children's luncheons may be quickly set here.

One of the most satisfactory treatments for the kitchen walls is a washable cloth wall covering. Such cloth is available in most attractive colors and designs and is, of course, thoroughly sanitary.

IN a home where there is a baby it is a problem to know where to hang the tiny garments washed daily. A solution is offered by a clothes-tree which furnishes space equal to forty feet of clothesline even while it takes only three feet of floor space. When closed it may be put out of the way in a corner.

Of the thousands of kitchen devices on the market the writer has chosen to discuss in this article those which serve a definite purpose as a sanitary improvement, a time saver, or an energy conserver since these are of the most interest to mothers. Prominent among the sanitary improvements are the underground refuse can and the dust-dispenser. The former is a refuse pail which is buried underground, only the lid and lever being visible. The foot-lever operates the lid and an inside pail is removable so that the refuse collector may readily empty the can.

The dust-dispenser is a boon to apartment dwellers, for, ethically, one can't shake a dust mop above a neighbor's windows. This receptacle is a tubular container, about knee high, which has an opening in the side to accommodate the mop handle. When the lid has been replaced over the mop, a few sharp turns of the mop handle shake off the dust into the container which is completely covered during the process. This method is just as effective as the old out-the-window one and infinitely more sanitary for all concerned.

Among the devices which make scullery work less enslaving is the garbage pail which has a foot-lever to raise the lid without back-breaking efforts. This pail has treated paper bags to fit inside. These are sanitary aids, for they can be removed when full (and do not tear when they become moist) and the pail, unsoiled, returned to its place in the kitchen. Another aid to an efficient and orderly kitchen is a little cabinet with racks for paring knives, cooking spoons and forks (in white or colors). These are handy when hung just above the working table near the stove and are then out of the reach of children's hands. An electric dish-washing machine is the ideal of many a home-maker. But if her budget does not as yet permit of such equipment the housekeeper who has a plentiful hot water supply may purchase a short hose attachment which is placed over the faucet and used like a garden hose to spray the soiled dishes in the wire rack. An extra attachment of a liquid soap container makes it possible to use either soapy or clear water.

Where storage space is limited a bin of perforated shelf-like troughs which is a satisfactory way of keeping vegetables may be placed under the kitchen table or near the ice-chest. Another help to housekeeping is the step-stool which serves a double purpose, for it is the right height to be used to sit on when working at the sink or work-table, and it opens out into a three-step ladder, for reaching the high shelves in the pantry or china closet. An electric fan which doesn't make a draft on the baby will be worth remembering until hot weather is upon us again. This fan has a cone in the top which throws the air upward and spreads it, while the ordinary rotation of the fan circulates it. One can even use it at a writing desk without disturbing the papers.

A new device for the electric refrigerator is a rubber tray, made of the same rubber that baby's bottle nipples are made of, in which ice cubes may be frozen instead of in the metal trays. These are made to fit all standard size refrigerators. The advantage of this tray is that one cube may be removed from it at a time, merely by pulling the pliable rubber away from the frozen cube. To save space in your refrigerator, there are the double and triple decked dishes for left-overs which fit on top of each other.

THE self-wringing mop is another contrivance which saves the housekeeper unpleasant work. A bracket fits across the top of a pail, to the center of which a wire net is attached. A foot rest enables the housewife to hold the pail in place when a rotation of the handle of the mop in the net wrings it dry. Another aid in scrubbing up is the house-cleaning pail or tray. The pail has a division in the center so that both clear and soapy water are available and an attached basin has pockets for soap, brush and cloths. The tray has compartments for polishes, brushes, cloths, etc.

No modern kitchen is complete without at least one device which does a

variety of chores. An electric one which fascinates us mixes a cake, beats eggs or whips cream as well as it squeezes fruits and sharpens knives! Another versatile device is a variation of the meat grinder. This has a glass block which fits over the hopper to protect both fingers and food, and has attachments for grating, slicing, and so forth. By the way, you can buy a miniature machine for extracting orange juice at home and it makes the work both quick and easy.

"Gadgets" which save the situation and the housekeeper's temper are worth their weight in gold. The oven-holder, a metal lift which catches the oven tray under the edge and pulls it out, is much safer than thrusting a cloth beneath the flames of the grill. A fork with a spring in the handle may be lengthened to reach far back into the oven or deep into a pickle jar. Tongs of stainless steel are sanitary and a comfortable means of handling hot foods.

Having a good can-opener, a good cork-screw and a good bottle-opener is many a man's idea of an ideally equipped kitchen. And any housewife will admit that this is a laudable start in that direction. A can-opener which works like a pair of scissors cuts smoothly around the edge of the can, taking the top off clean with no dangerous, jagged edges. It has an added feature in a holder which may be used to grip the side of the opened can to pour out the contents. A bottle-opener which clamps to the wall is also a towel hook and is always where one can lay hands on it because it is fastened down. This device pulls corks and also removes bottle caps. A cork-screw which never fails has a jointed extension handle. One screws in the cork-screw, pulls the handle out to full length, and meanwhile the cork has been pulled.

ELECTRICAL household aids are innumerable, but have you seen the four-way plug which enables you to serve an entire breakfast, cooked at the table, without running back and forth to the kitchen? On one of these plugs you might use the electric percolator, which is all glass and makes delicious coffee. Another outlet might be devoted to the toaster, which makes two pieces of toast at once, toasting each piece on both sides at the same time and thus keeping the family satisfactorily supplied.

Keeping the house clean is a never-ending task. To help with it there has now appeared upon the market a miniature vacuum cleaner, which gets into all the crevices of upholstery and mattresses, may also be used on clothing—and it weighs only four pounds!

When it comes to keeping clothes clean, there is at last a safe method of dry-cleaning clothing at home! A machine which uses a specially prepared, non-explosive liquid, has a clamp top which would insure safety even if the liquid were inflammable. A handle turns the metal, box-like container and the motion slushes the clothing around in the liquid sufficiently to remove soil. Hats may be cleaned in this container without injury to their shape as well as such heavy things as men's suits.

To Which of These Products Would You Award This Seal?

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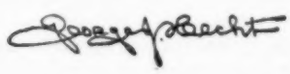
Instead of having a relatively small analyzing and testing laboratory of our own, we use, whenever necessary, the facilities of Teachers' College, Columbia University, and what we believe to be the most reliable commercial laboratory in this city.

In using therapeutic products, readers are advised to consult their own physician.



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Out of the MOUTHS OF BABES

One dollar will be paid for each child's saying published in this department

DOUGLAS, aged four, had been asked repeatedly not to make any noise when he went up the stairs, for fear of waking his baby sister. Time after time he would forget, but finally one day he remembered, and tip-toed very softly up the stairs.

"O, mother," he whispered audibly, as he leaned over the banister, "hear me being quiet?"—*B. S., Wallingford, Conn.*

FRANK, aged nine, and Peggy-Jo, aged four, received a present of a Boston bull pup. They couldn't seem to understand that they could each have the whole dog, but felt they must divide him as they did other things.

Frank said, "Well, I want the head end—'cause that holds the brains." Peggy-Jo, in a flash—"All right, I'll take the tail end 'cause it shows he's happy."—*Mrs. E. S. M., Middletown, O.*

BOBBY, aged nine, has been going on weekends to see his uncle. Last week he received another invitation but refused to accept it. "Why don't you want to go this week?" asked his mother.

"Uncle is too fussy," objected Bobby. "I don't mind having to wash my hands before Sunday dinner, but when a man makes you clean your finger nails too, I think it's too much."—*G. N., New York.*

MY little son is almost always in some mischief. One day I heard something fall and little Jimmie came running in, crying and holding his head.

"What fell on your head?" I asked.

"I did," he sobbed.—*J. J. F., Columbus, O.*

AT the close of a damp, cold day little Bernice was again reminded that she must not bother grandma. "You see, dear," said her mother in explanation, "Grandma's rheumatism is always worse on cool days like this."

Later when Bernice was saying her prayers she concluded emphatically, "And please, dear Lord, make it hot for grandma!"—*A. C. H., York, Pa.*

I WAS playing school one afternoon and I was supposed to be teacher. I happened to call on Blanche, "How many are six and four?"

"I don't know," she said.

"Why, six and four are ten," I said.

"O-o, you can't fool me. Five and five are ten."—*L. Z., Suffern, N. Y.*

BABY was beginning to pronounce words, but he always refused to repeat the word water.

One day the mother, thinking she could catch him unawares, said to him, "What does Mother put in baby's bath?"

"Baby," replied the child.—*Mrs. F. A. L., Los Angeles, Calif.*

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Have you ordered your copies of the "Four Ways" folder? See page 53.

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5989	35 cents	5934	35 cents
5978	35 cents	5938	35 cents
5889	35 cents	5920	35 cents
5568	40 cents	4776	35 cents

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Program for Discussion at Your Next Meeting

PREPARED BY THE CHILD STUDY ASSOCIATION OF AMERICA

THE following outline for study is based on the article "The Business of Being a Mother," by Lovisa C. Wagoner, in this issue.

How to Use This Program

Appoint a leader who will first read aloud the article on page 18. The leader should then present for discussion the various questions given below. She will next request various members of the group to take up, one by one, the Problems for Discussion. At the close of the meeting it will be found helpful for the leader to read the summary of the main points made in the article. In advance of the meeting, the various book and pamphlet references should be assigned to members of the group who will report on them at the meeting.

Questions Based on the Article

(1) Can you describe the type of woman whom you feel is a successful mother?

(2) What accounts for this success? Is it (a) Wealth? Are the successful mothers usually in better financial circumstances than less successful ones? (b) Efficiency? Are they better housekeepers? Better cooks? Better dressmakers? Better nurses? (c) Self-sacrifice? Do they constantly and consistently submerge themselves for the sake of the children, husband? (d) Understanding? Do they know how to get on with children and grown-ups with less friction? (e) Integration of personality? Sense of relative importance of various obligations? Realization of need for continued growth?

(3) Can the daily life of the mother be planned to prevent stagnation?

Points to Keep in Mind

(1) Motherhood is an exacting profession. Its claims on the mother's time, energy and interest must be satisfied before she can consider any outside claims.

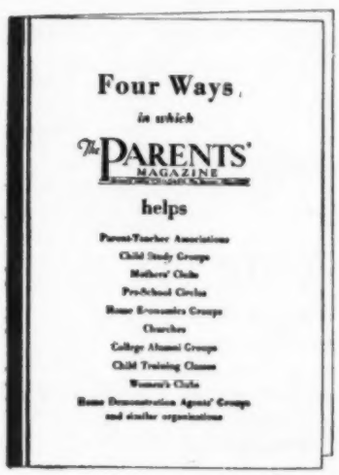
(2) Wholesome motherhood means that the mother has recognized her needs as a human being apart from the purely maternal claims upon her.

(3) For a well-rounded life, the mother needs: (a) health, (b) peace of mind, (c) leisure, (d) interests outside of her home.

(4) Co-operation of the family is necessary in helping her achieve a well-rounded life.

(5) The well-being of the family group depends in great measure on the physical and mental well-being of the mother.

(6) Frequent brief breaks in routine bring relaxation with renewed energy.



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Send for this "Four Ways" folder which describes in detail (1) How this magazine provides interesting programs for group meetings, (2) The free service bulletins offered to groups, (3) An easy, dignified way for your group to raise money, and (4) The special group subscription rates. It will be sent, of course, without charge or obligation. Address: Group Service Bureau, THE PARENTS' MAGAZINE, 255 Fourth Ave., New York, N. Y.

Problems for Discussion

(1) Mrs. A. had held an interesting position before her marriage, and then, after five years, was eager to get back into similar work. It has cost practically all she earned to provide competent help at home during her absence. Was she wise to do it nevertheless?

(2) Mrs. B. believes that a conscientious mother delegates no duty to others that she can herself fulfil. Is she thereby being a better mother than most others?

(3) Mrs. C. was always worried and irritated with the care of her home and children. Now that she can afford help and the children have grown to school age, she is just as badly worried over servants and social duties. What are some of the probable causes of the difficulty?

(4) How can you explain the mother who seems hurt and a bit disappointed when everything goes well during her absence from home?

(5) Everyone (*Turn to next page*)

Step by Step with Baby

"I know there is a Santa Claus, he is the spirit of Christmas just as a baby is the spirit of New Year's!"

THE little chap who wrote that in a letter the Santa Claus editor published is the very boy who eight years ago gave us the name "Little Toidey." A toddler, high strung, convalescing from a serious illness, he could not be disciplined easily. But there was an appeal to his imagination in "dad's big toidey." From Jimmy's expression grew the new word "Toidey" coined by him to mean "baby's own toilet seat."

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Program for Discussion

(*Continued from page 57*)

wants to be powerful and important. Do you not think that some mothers refuse to let go of some of their household duties in order not to lose some of their power?

References

PARENTS AND CHILDREN, by Ernest R. and Gladys H. Groves. *Lippincott.* $2.00.

THE PROBLEM CHILD AT HOME, by Mary Buell Sayles. *Commonwealth Fund of New York,* 1 *E. 57th St., New York City.* $1.00.

CONCERNING PARENTS—A SYMPOSIUM. *New Republic.* $1.00.

FAMILY LIFE TODAY, edited by Margaret E. Rich. *Houghton, Mifflin.* $2.50.

THE NERVOUS HOUSEWIFE, by Abraham Myerson. *Little, Brown.* $2.25.

Motion Pictures

(*Continued from page 28*)

NIGHT PARADE, with Aileen Pringle and Norman Trevor (*RKO*)—Meaningless title for well-told prize-fight picture. Low-class characters talking ring-side English and very convincingly. Vamp, villain, booze, bribery, etc. All talking. (E) *For A:* Hardly. *For Y:* Unwholesome. *For C:* No.

NIX ON DAMES, with Robert Ames (*Fox*)—Two women-haters change their minds when they fall in love. It is an unassuming little comedy drama the title of which indicates the artistic standard, but it is unobjectionable and amusing. All talking. (U) *For A:* Mildly amusing. *For Y:* Entertaining. *For C:* Harmless.

ONE HYSTERICAL NIGHT, with Reginald Denny (*Universal*)—Utter nonsense, but hilariously funny. Hero goes as Napoleon to a supposed masquerade ball—but it proves to be an asylum whose inmates think themselves actual historical characters. All talking. (E) *For A:* Very funny of its kind. *For Y:* Very funny. *For C:* Hardly suitable.

RED HOT RHYTHM, with Alan Hale and Kathryn Crawford (*Pathé*)—Commonplace story of unconventional people which is well acted but otherwise undistinguished. All talking. (U) *For A:* Hardly. *For Y:* Not recommended. *For C:* No.

RETURN OF SHERLOCK HOLMES, with Clive Brook (*Paramount*)—Well-planned story from Conan Doyle's famous tales. Brook's "Sherlock" is adequate, but rest of cast below par. Moriarty too much the "crook," too little the "master intellect." Chance for a fine film missed. All talking. (E) *For A:* Fairly good. *For Y:* Good. *For C:* Harmlessly amusing, but largely beyond them.

THE SATURDAY NIGHT KID, with Clara Bow (*Paramount*)—Slight, realistic story of a fine, clean little shop-girl, an incredibly false and thoroughly hateful little sister who nearly ruins the heroine's romantic struggle. All talking. (E) *For A:* Fair. *For Y:* Amusing. *For C:* Of little interest but funny at times.

SEA FURY, with Mildred Harris (*Independents*)—Cheap sea story—all hokum—too stupid to be worth comment. Silent. (E) *For A:* No. *For Y:* No. *For C:* No.

SEVEN FACES, with Paul Muni (*Fox*)—An interesting production distinguished by the excellent acting of Paul Muni. All talking. (U) (E) *For A:* Rather good. *For Y:* Good. *For C:* Harmless.

SHANGHAI LADY, with Mary Nolan (*Universal*)—Melodrama at its worst. American-born hero and heroine have become degenerates in the Oriental underworld. Ridiculous story crudely acted, stupid dialog more crudely spoken, with endless hokum and depressing vulgarity throughout. All talking. (E) *For A:* Worthless. *For Y:* Unwholesome. *For C:* No.

SONG OF KENTUCKY, with Lois Moran (*Fox*)—A well-done little story with social caste and racing stables for complications. Unpretensious, pleasant romantic drama with good work by Lois Moran. All talking. (E) *For A:* Light and agreeable. *For Y:* Entertaining. *For C:* Harmless, but of little interest.

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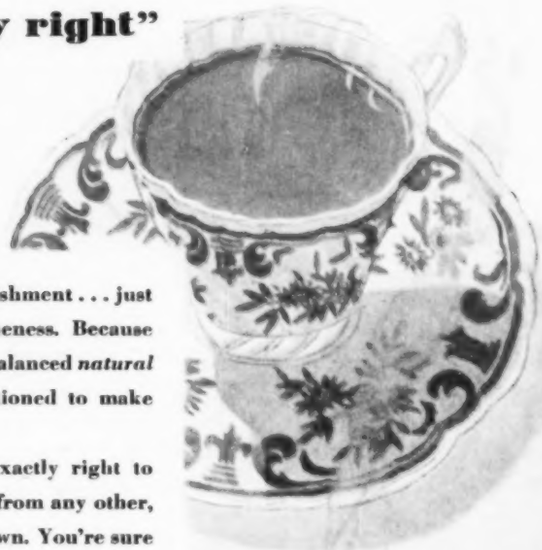

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